CORN BREAD OR MUFFINS

INGREDIENTS

1 cup flour
1 cup corn meal
1 1/2 tablespoons sugar
2 1/2 teaspoons baking soda
1/2 teaspoon salt
1/4 cup butter, melted
1 1/2 cups buttermilk
2 eggs

DIRECTIONS

1. Pre-heat the oven to 375°F for muffins or 350°F for bread.
2. Sift and thoroughly mix together all the dry ingredients.
3. Mix together the wet ingredients.
4. Fold the dry ingredients into the wet ingredients and mix thoroughly. (Do not over mix.)
5. Bake until done, about 20 minutes for muffins, 35 to 45 for pan size cake.

FOR MORE INFORMATION ABOUT SNAP-ED, VISIT OUR WEBSITE
AT www.extension.umn.edu/nutrition (Revised 8/2014)

NUTRITION INFORMATION:

Calories: 158
Fat: 6.2 grams (g)
Saturated Fat: 3.4 grams (g)
Trans Fat: 0 grams (g),
Cholesterol: 51 milligrams (mg)
Carbohydrates: 22.0 grams (g)
Dietary Fiber: 1.3 grams (g)
Protein: 4.6 grams (g)
Sodium: 264 milligrams (mg)
Vitamin A 5%
Calcium 10%
Vitamin C 1%
Iron 7%