

Cornbread Muffins

Time: 30 minutes | Servings: 12

INGREDIENTS

Non-stick spray or oil
3 eggs
1 ½ cups regular plain yogurt
½ cup canola oil
1 ½ cups all-purpose flour
1 ¼ cups ground cornmeal
¼ cup white sugar
2 ½ tsp baking powder
¾ tsp baking soda
1 tsp salt
½ tsp black pepper



METHOD

1. Preheat the oven to 400°F. Generously coat a standard 12-cup muffin pan with nonstick spray or rub with oil.
2. In a medium mixing bowl, lightly whisk eggs, yogurt and oil together.
3. In a large bowl, whisk together flour, cornmeal, sugar, baking powder, baking soda, salt, and pepper.
4. Create a well in the center of dry ingredients. Pour egg mixture into well and stir with a wooden spoon until batter is just combined.
5. Divide batter into greased muffin tin.
6. Bake muffins, rotating pan halfway through, until tops are golden brown and a tester inserted into the center comes out clean, 18–20 minutes. Let cool slightly in the pan.
7. Transfer muffins to a wire rack and eat while warm.
8. Enjoy with a little butter or with your favorite hearty soup!