

Cornbread Muffins

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Yield: 18 muffins

1 1/4 cups yellow cornmeal
1 cup flour
1/3 cup sugar
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
3/4 cup apple butter
2 eggs
1/2 cup butter, melted
1 cup apple, peeled and diced

Preparation Time: 5 minutes

Cook Time: 20 minutes

Preheat the oven to 350 degrees.

Spray two standard muffin pans with nonstick cooking spray. Set aside.

Measure the cornmeal, flour, sugar, baking powder and salt into a large bowl. Whisk well.

In a separate bowl, whisk the milk, apple butter and eggs together.

Pour the wet mixture into the dry mixture. Whisk well.

Stir in the melted butter. Add the diced apple to the mixture. Mix well.

Use a scoop to fill the muffin pans two-thirds full.

Bake for 18 to 20 minutes until golden.

Cool for 2 to 3 minutes in the pan. Then flip out the muffins.

Per Serving (excluding unknown items): 2967 Calories; 114g Fat (34.3% calories from fat); 50g Protein; 442g Carbohydrate; 22g Dietary Fiber; 706mg Cholesterol; 4799mg Sodium. Exchanges: 15 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 1 Non-Fat Milk; 20 1/2 Fat; 12 1/2 Other Carbohydrates.