Easy Cornbread Muffins

Source: Mary McDougall of the McDougall Program www.DrMcDougall.com

These muffins are a great complement to our hearty stew. If you have leftover apple juice concentrate, you can use it to make the apple juice in this recipe.

About the Recipe

95 Calories · 3.1 g Protein · 2.2 g Fiber
Snack

Ingredients

Makes 18 Servings

- 2 c (244 g) cornmeal
- 2 c (188 g) oat bran
- 4 tsp (20 mL) baking powder
- 2 c (475 mL) unsweetened apple juice

Directions

1. Preheat the oven to 350 F (177 C).
2. Sift cornmeal, oat bran, and baking powder together.
3. Add apple juice and stir until just mixed.
4. Spoon the batter into 18 nonstick muffin cups and bake for 30 minutes, or until lightly browned.

Nutrition Facts

Per muffin

Calories: 95
Fat: 1 g
- **Saturated Fat:** 0.2 g
- **Calories from Fat:** 9.3%

Cholesterol: 0 mg
Protein: 3.1 g
Carbohydrates: 22.3 g
Sugar: 3 g
Fiber: 2.2 g
Sodium: 110 mg
Calcium: 69 mg
Iron: 1.4 mg
Vitamin C: 0.3 mg
Beta-Carotene: 15 mcg
Vitamin E: 0.1 mg