

CORNBREAD MUFFINS

INGREDIENTS:

1/4 cup (60 mL) butter, softened
1/3 cup (80 mL) white sugar
2 Tbsp (30 mL) honey
1 egg
1/4 tsp (1mL)salt
3/4 cup (185 mL) all-purpose flour
1/4 cup and 2Tbsp (90 mL) cornmeal
1/2 tsp (2 mL) baking powder
1/4 cup (60 mL) milk
1/4 cup and 2 Tbsp (90 mL) frozen
corn kernels, thawed

1. Preheat oven to 400 degrees F (200 degrees C). Grease or line 6 muffin cups.
2. In a large bowl, cream together butter, sugar, honey, eggs and salt. Mix in flour, cornmeal and baking powder; blend thoroughly. Stir in milk and corn. Pour or spoon batter into prepared muffin cups.
3. Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into center of a muffin comes out clean