

# 100% Whole Grain Cornbread Muffins



We try to provide most of our grain-based foods with whole grain ingredients because the 2015-2020 Dietary Guidelines for Americans recommend that at least half of the grains you eat are whole grains (Dietary Guidelines for Americans, 2015-2020). Whole grains are found to be more nutrient dense compared to refined grains, especially in the following nutrients, dietary fiber, potassium, and iron (health.gov).

Additionally, this muffin recipe adds less sugar than many other muffin recipes, another reason we love it! If you 'd like the recipe, please see below and if you'd like to learn more about whole grains, please follow the links provided

<https://www.dietaryguidelines.gov/current-dietary-guidelines/2015-2020-dietary-guidelines>

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/advisory-report/appendix-e-3/appendix-e-32>

# **100% Whole Grain** **Cornbread Muffins**



*Yields 12 standard size muffins*

## **Ingredients**

- 1.5 c. Whole Wheat Flour
- 1 c. Whole Grain Cornmeal
- 2 tsp. Baking Powder
- 1 tsp. Baking Soda
- 1/4 tsp. Salt
- 3/4 c. Brown Sugar
- 2 Eggs
- 1.3 c. Buttermilk
- 1/3 c. Butter
- 1.5 tsp. Vanilla



*Pictured: mini muffins*

## **Directions**

1. Preheat oven to 375 F.
2. Spray muffin pans with nonstick spray.
3. Beat butter and brown sugar until creamy.
4. Add eggs, buttermilk, and vanilla.
5. Mix all of the dry ingredients in a separate bowl.
6. While stirring, add dry mixture to butter and sugar mixture.
7. Scoop muffin batter into muffin pan.
8. Bake for 10 minutes or until golden brown.

## **Tips**

Watch muffins closely while they are baking. Cooking time may need to be adjusted depending on muffin size.