

Corn Oatmeal Muffins

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Yield: 12 muffins

1 cup flour
1 teaspoon baking powder
3/4 teaspoon salt
1/2 teaspoon baking soda
1/2 cup yellow cornmeal
1/2 cup old fashioned oats
1 cup buttermilk
1 egg
1/3 cup packed light brown sugar
1/4 cup oil

Preheat the oven to 400 degrees.

In a bowl, mix well the flour, baking powder, salt and baking soda. Set aside.

In a medium bowl, stir together the cornmeal, oats and buttermilk. Add the egg, sugar and oil. Beat with a wooden spoon until blended. Add the flour and stir until just blended.

Spoon the batter into twelve greased 2-1/2 inch muffin cups.

Bake for about 23 minutes or until golden brown.

Per Serving (excluding unknown items): 1638 Calories; 64g Fat (35.1% calories from fat); 33g Protein; 233g Carbohydrate; 9g Dietary Fiber; 221mg Cholesterol; 3076mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 11 1/2 Fat; 5 Other Carbohydrates.