

Cornmeal Blueberry Muffins

Recipe By Brynie Greisman



Cooking and Prep:  40
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Serves:  12

Contains:    

Preference: Dairy

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Family Table by

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I love corn muffins — they're soft, sweet, and slightly crunchy. But I find the store-bought variety oily and not very nutritious. I wanted a fluffy texture with a full-bodied flavor, so I created these as a wholesome filling snack or even a light breakfast to grab and go. They garnered raves from tasters aged one and a half to sixty! They freeze beautifully, too.

Ingredients (12)

Main ingredients

- 1 cup cornmeal
- 1 cup plain, low-fat yogurt (I used Muller 1.7% fat)
- 1/2 cup milk
- 1 egg
- 2 tablespoons oil

- 3 full tablespoons **Haddar Apple Sauce**
 - 1 and 1/4 cups **Shibolim Whole Wheat Blend** or other whole wheat pastry flour
 - 1 and 1/2 teaspoons **Haddar Baking Powder**
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - 1/2 cup minus 1 tablespoon light brown sugar
 - 1/2 cup blueberries (frozen is fine), optional but recommended
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Start Cooking

Prepare the Muffins

1. Preheat oven to 400°F (200°C). Pour cornmeal into a large bowl.
2. Place yogurt in a 2-cup measuring cup up to the 1-cup mark. Add milk until the 1½ cup mark. Add to cornmeal, mixing well. Let sit for a few minutes.
3. Add egg, oil, and applesauce and stir together gently.
4. Add the dry ingredients and stir just until combined. If batter seems dry (this is very individual, due to many factors, weather included), add a little more milk. The key to making muffins is stirring until just combined and not overmixing.
5. Add blueberries and mix together gently.
6. Grease a 12-muffin tin. If it's paper lined, spray the liners generously with oil spray.
7. Using a 1/3 cup measuring cup, spoon the batter into the prepared pan. Bake for 20 minutes or until lightly browned on top. Cool for a few minutes before removing from pan.