



STRAWBERRY-BLUEBERRY CORNBREAD MUFFINS

Ingredients

- ¾ Cup Whole Grain Cornmeal
- ¾ Cup Whole Grain Flour
- 2 Tablespoons + 1 Teaspoon Sugar
- 1 Teaspoon Baking Powder
- ¼ Teaspoon Salt
- 1 Egg
- ¾ Cup Milk
- 1 Tablespoon + 1 Teaspoon Vegetable Oil
- ½ Cup Strawberries, Sliced or Diced
- ½ Cup Blueberries

Directions

1. Preheat oven to 375 degrees.
 2. Place flour, cornmeal, sugar, baking powder, and salt in a bowl and mix thoroughly.
 3. In a separate bowl, combine eggs, milk, and oil.
 4. Add wet ingredients to dry ingredients and blend for 30 seconds. Beat until dry ingredients are moistened. Do not overmix; batter will be lumpy.
 5. Portion batter into 12 muffin cups sprayed with pan release spray or lined with a paper liner. (Can also be baked into squares in an 8 x 8 pan).
 6. Decorate the tops of the muffins with berries - press the berries gently into the muffins.
 7. Bake for 16-20 minutes or until lightly browned.
- Toddler = ½ muffin; Preschool = ½ muffin; School-Age = 1 muffin.
1 muffin provides 1 oz eq of grain/bread. Meets requirement for whole grain-rich food.