



Confetti Corn Muffins

<i>Included in the Prep Kit</i>	<i>From Your Kitchen</i>
<ul style="list-style-type: none"> • ½ cup cornmeal (fine milled) 	<ul style="list-style-type: none"> • 1/8 tsp salt
<ul style="list-style-type: none"> • ¼ cup white whole wheat flour 	<ul style="list-style-type: none"> • 1 large egg
<ul style="list-style-type: none"> • ½ tsp baking powder 	<ul style="list-style-type: none"> • Vegetable oil cooking spray or vegetable oil
<ul style="list-style-type: none"> • ¼ tsp baking soda 	
<ul style="list-style-type: none"> • ¾ cups low-fat plain yogurt 	
<ul style="list-style-type: none"> • 1 + ½ T honey 	
<ul style="list-style-type: none"> • 1 + ½ T canola or safflower oil 	
<ul style="list-style-type: none"> • 1/3 cup shredded sharp cheddar cheese 	
<ul style="list-style-type: none"> • ¼ <i>Bell Pepper</i> 	

Instructions:

- Preheat oven to 400° Fahrenheit. Coat muffin tins well with vegetable oil cooking spray, or coat muffin tins with vegetable oil using a paper towel.
- Clean, de-seed, and finely dice *Bell Peppers*. If not pre-shredded, grate cheese using cheese grater or food processor. Set diced peppers and shredded cheese aside.
- Combine cornmeal, flour, salt, baking powder, and baking soda in large mixing bowl.
- Whisk together: yogurt, honey, eggs, and oil in medium mixing bowl.
- Create a well in center of dry ingredient mixture and fill with wet mixture. Gently stir batter until all dry ingredients are incorporated. Do not over-stir.
- Gently fold 1/2 of the shredded cheddar cheese into the batter.
- Use ladle to fill oiled muffins tins to about ¾ full. Sprinkle the diced *Bell Peppers* onto the tops of the uncooked muffins, followed by the remaining cheddar cheese.
- Bake 15-20 minutes or until muffins are golden-brown. Allow to cool slightly before removing from pans. Transfer to lined basket. Serve family style and enjoy!

Yield: approximately 6 muffins or 12 mini muffins.