



St. Charles Hospital

Catholic Health Services

At the heart of health

Cheddar Corn Muffins

Ingredients

Dry:

- 1 cup cornmeal
- 1 cup flour
- 1/3 cup sugar
- 1 Tbl baking powder
- ½ tsp salt

Wet:

- 1 egg
- 1 cup buttermilk
- ¼ cup vegetable oil
- 1 cup shredded cheddar cheese

Method

- Preheat oven to 350 degrees Fahrenheit
- In bowl, combine all dry ingredients
- In a separate bowl, mix together egg, buttermilk, vegetable oil and cheddar
- Then combine wet into dry, do not over mix
- Pour into muffin pans
- Baked at 350 degrees F for about 20 minutes, depending on muffin size

