

# Easy Cornbread Muffins

Source: Mary McDougall of the McDougall Program [www.DrMcDougall.com](http://www.DrMcDougall.com)

These muffins are a great complement to our hearty stew. If you have leftover apple juice concentrate, you can use it to make the apple juice in this recipe.

## About the Recipe

**95 Calories · 3.1 g Protein · 2.2 g Fiber**  
**Snack**

## Ingredients

***Makes 18 Servings***

- 2 c (244 g) cornmeal
- 2 c (188 g) oat bran
- 4 tsp (20 mL) baking powder
- 2 c (475 mL) unsweetened apple juice

## Directions

1. Preheat the oven to 350 F (177 C).
2. Sift cornmeal, oat bran, and baking powder together.
3. Add apple juice and stir until just mixed.
4. Spoon the batter into 18 nonstick muffin cups and bake for 30 minutes, or until lightly browned.

## Nutrition Facts

*Per muffin*

**Calories:** 95

**Fat:** 1 g

**Saturated Fat:** 0.2 g

**Calories from Fat:** 9.3%

**Cholesterol:** 0 mg

**Protein:** 3.1 g

**Carbohydrates:** 22.3 g

**Sugar:** 3 g

**Fiber:** 2.2 g

**Sodium:** 110 mg

**Calcium:** 69 mg

**Iron:** 1.4 mg

**Vitamin C:** 0.3 mg

**Beta-Carotene:** 15 mcg

**Vitamin E:** 0.1 mg