

Old-Fashioned Cornmeal Muffins

Preheat oven to 375F ; Makes 12 (6)

Mix and set aside for 5 minutes: 3/4 (1/3) cup; 180(80) ml cup fine cornmeal, 1 1/4 (3/4) cup; 300(180) ml plain yogurt

Sift together: 1 (1/2) cup; 240(120) ml flour, 3 (1 1/2) tsp; 15(7) ml baking powder, 1/2 (1/4) tsp ; 2(1) ml salt, 1/3 (1/6) cup; 80(30) ml sugar

Stir into cornmeal mixture: 1/4 (1/8) cup ; 60(30) ml vegetable oil and 1 egg, beaten
Add liquid to dry ingredients until just combined.

Fill lined or greased muffin tins 2/3 full.
Bake for 20 minutes until lightly browned

Optional: add 1/4 (1/8) cup; 60(30)ml crumbled bacon and/or 1/4 (1/8) cup ; 60(30) ml cheddar cheese, or 1/2 (1/4) cup ; 120(60) ml chopped fresh whole cranberries

(**Tip:** very fine cornmeal, which is not gritty, can be found in the Asian/Indian sections of many supermarkets)

