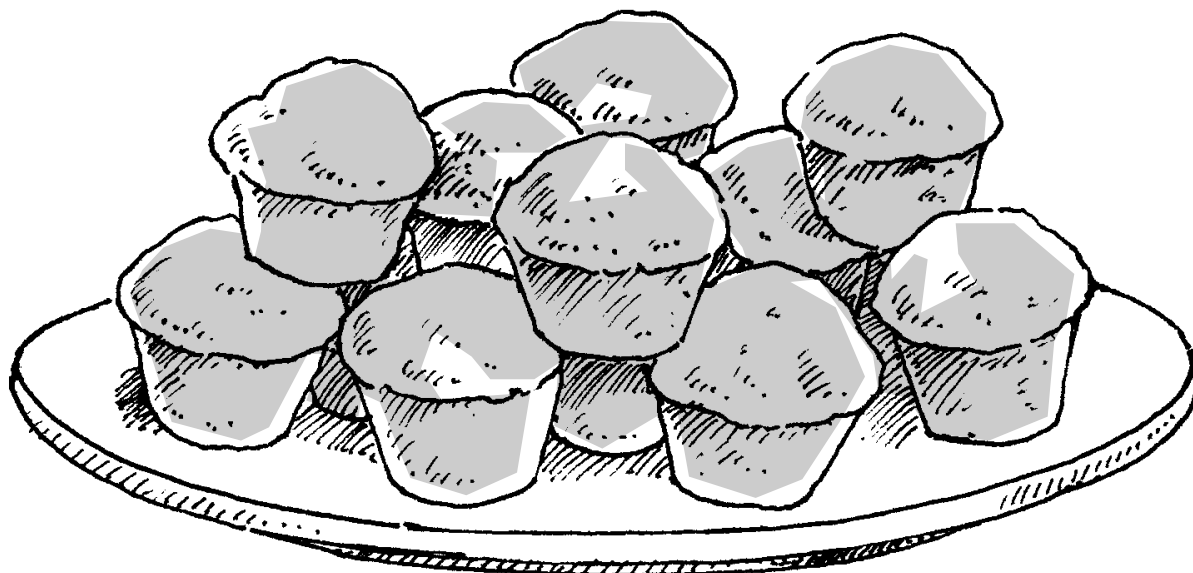


Corn Meal Muffins



Corn meal muffins are in the bread and cereal group.
Everyone needs 6-11 servings of breads and cereals every day.

Corn meal is a carbohydrate.

Enriched corn meal has thiamine, niacin, riboflavin and iron added to it.

Thiamine, niacin and riboflavin are vitamins.

Iron is a mineral.

Carbohydrates, vitamins, and minerals are needed for good health.

Carbohydrates give energy.

Thiamine helps keep nerves healthy. It improves your appetite.

Niacin and riboflavin help keep skin, mouth, and tongue healthy.

Iron helps build good red blood.

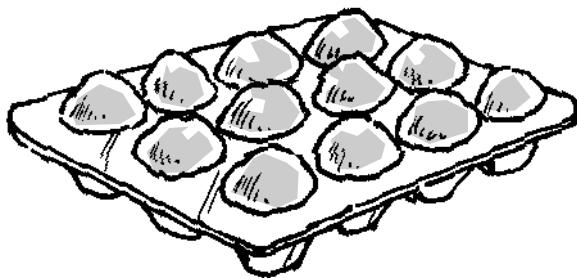


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Make Muffins

This will make about 12 muffins.

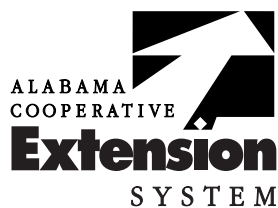


You Will Need:

- 1½ cups corn meal
- ½ cup flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
(if you want to add it)
- 2 eggs, slightly beaten
- 1½ cups milk
- ¼ cup vegetable oil

To Make Corn Muffins:

1. Turn oven to 425°. This is a hot oven. Grease a muffin pan.
2. Put 1½ cups of corn meal in a bowl. Add ½ cup flour. Stir.
3. Add 1 tablespoon of baking powder. Add 1 teaspoon of salt. Add 2 tablespoons of sugar if you want it. Stir.
4. Break 2 eggs into a small bowl. Beat them. Add 1½ cups milk and ¼ cup vegetable oil.
5. Add this milk mixture to the corn meal mix. Stir until the mixture is wet. Do not mix too much.
6. Using a spoon, fill each muffin cup about $\frac{2}{3}$ full.
7. Bake for 15 to 20 minutes at 425°. Bake until light brown. Remove from pan and serve hot.



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