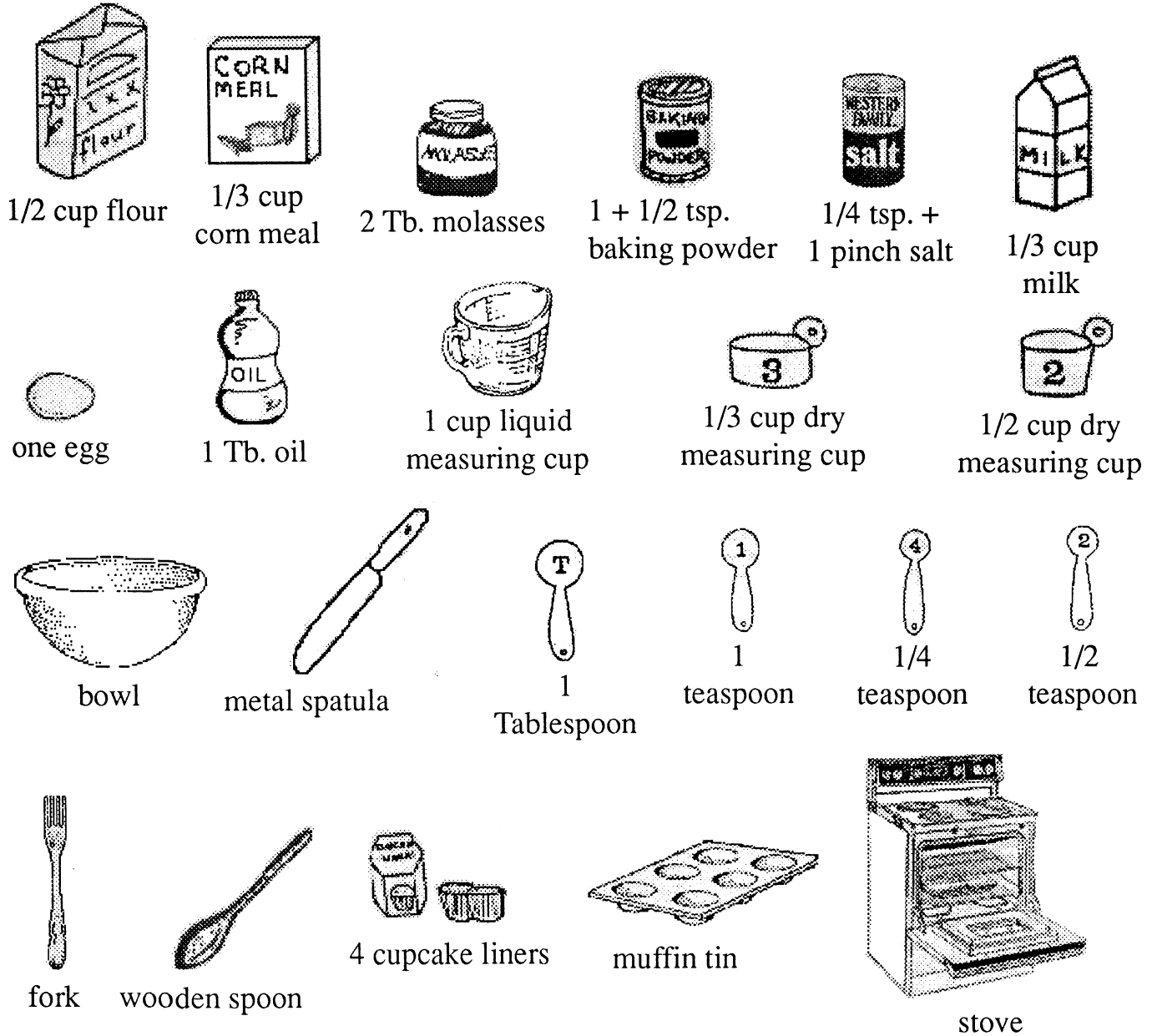
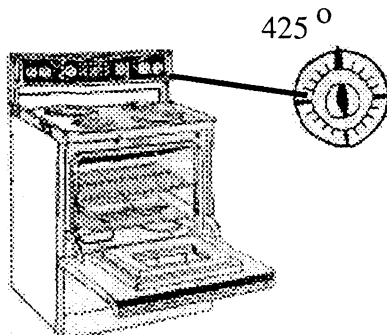


Corn Bread Muffins

You Need:

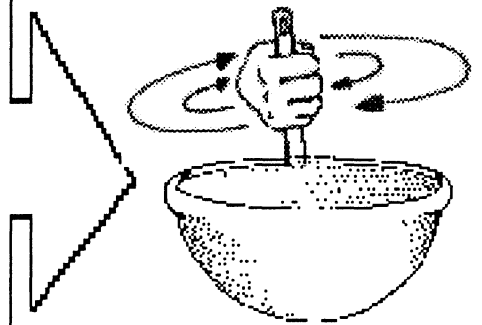
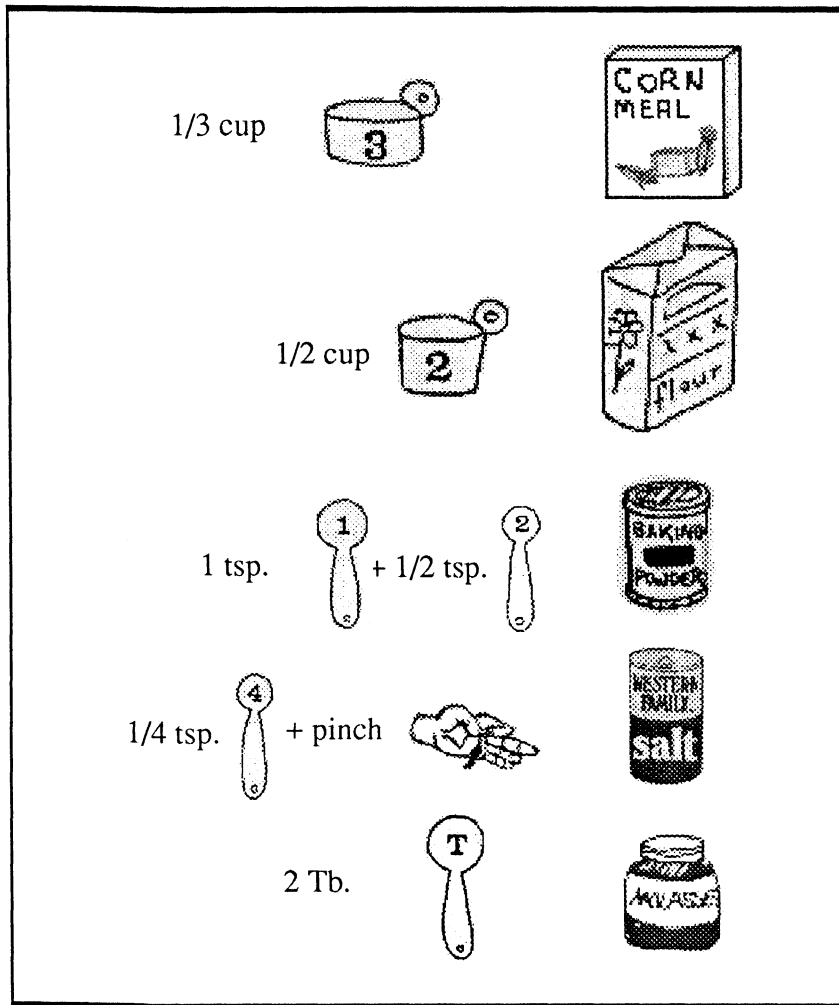


1.



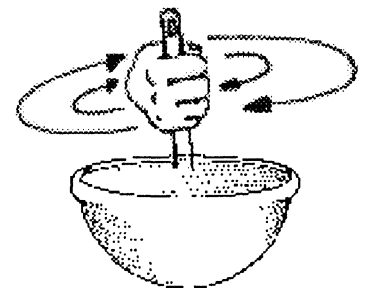
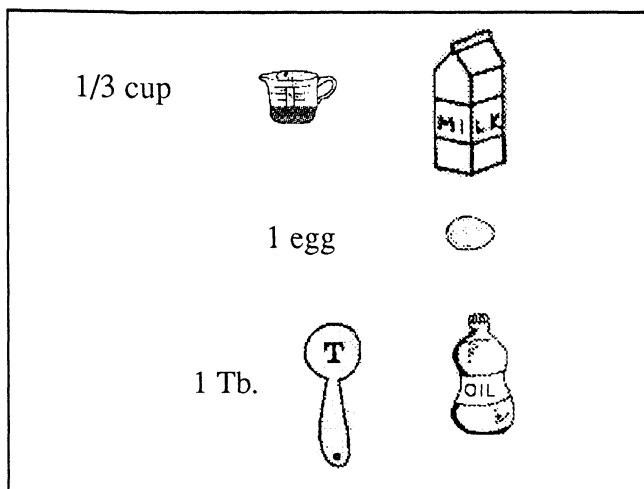
Preheat oven to 425°. Line 4 muffin cups with cupcake wrappers.

2.

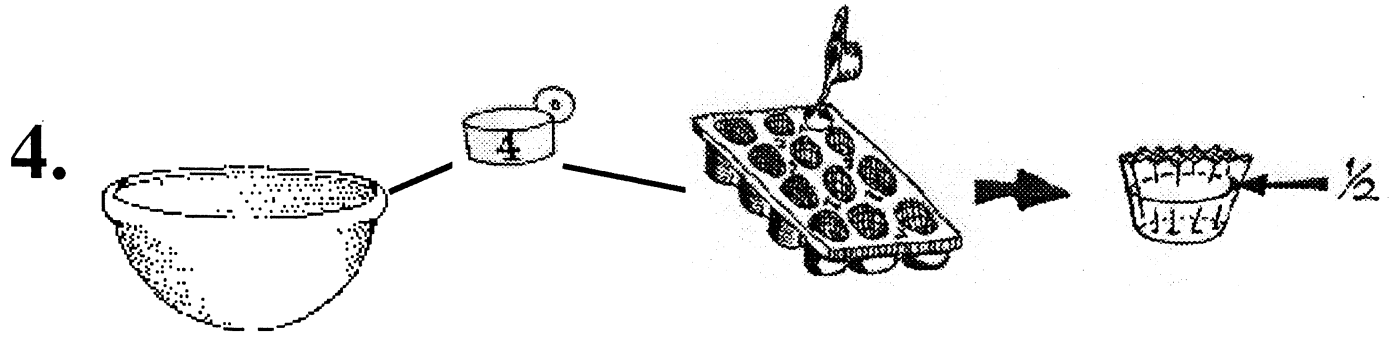


Measure and add 1/3 cup cornmeal, 1/2 cup flour, 2 Tb. molasses, 1 tsp. + 1/2 tsp. baking powder, 1/4 tsp. + pinch salt into a bowl. Stir to mix.

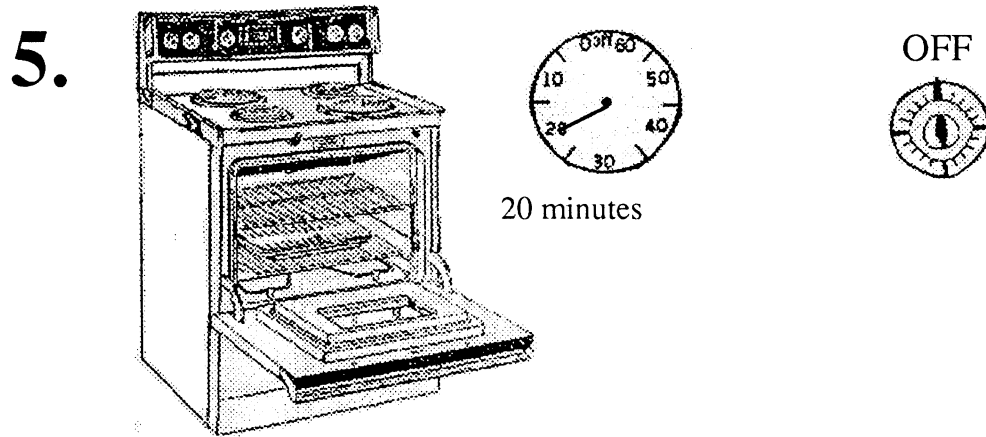
3.



Measure and add 1/3 cup milk, 1 egg well-beaten and 1 Tb. oil to bowl. Stir to mix.³²⁹



Scoop $\frac{1}{4}$ cup of batter into each muffin cup filling it $\frac{1}{2}$ full.



Bake 20 minutes. Remove from oven. Turn oven OFF. Serve hot.

CORNBREAD MUFFINS

You Need:

1/3 cup cornmeal	1 teaspoon
1/2 cup flour	1/2 teaspoon
1 tsp. + 1/2 tsp. baking powder	1/4 teaspoon
2 Tb. molasses	bowl
1/4 tsp. + pinch salt	Tablespoon
1/3 cup milk	wooden spoon
1 egg	metal spatula
1 Tb. oil	4 cupcake wrappers
1/2 cup dry measuring cup	muffin tin
1/3 cup dry measuring cup	fork
liquid measuring cup	stove

1. Preheat oven to 425°. Line 4 muffin cups with cupcake wrappers.
2. Measure and add 1/3 cup cornmeal, 1/2 cup flour, 2 Tb. molasses, 1 tsp. + 1/2 tsp. baking powder, 1/4 tsp. + pinch salt into a bowl. Stir to mix.
3. Measure and add 1/3 cup milk, 1 egg well beaten and 1 Tb. oil to bowl. Stir to mix.
4. Scoop 1/4 cup of batter into each muffin cup filling it 1/2 full.
5. Bake for 20 minutes. Remove from oven. Turn oven OFF. Serve hot.