



Bacon Cornbread Muffins



1/12th of recipe (1 muffin): 174 calories, 3g total fat (1.5g sat. fat), 422mg sodium, 28.5g carbs, 1.5g fiber, 11g sugars, 8.5g protein

Prep: 20 minutes **Cook:** 20 minutes

Cool: 30 minutes

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Ingredients

1 cup all-purpose flour
3/4 cup yellow cornmeal
1/2 cup granulated white sugar
1 tbsp. baking powder
1/4 tsp. salt
1 1/2 cups canned cream-style corn
3/4 cup fat-free liquid egg substitute
3/4 cup fat-free plain Greek yogurt
1 tbsp. diced jalapeños (fresh or canned and drained)
1 cup shredded reduced-fat cheddar cheese
1/4 cup precooked real crumbled bacon ([like the kind by Oscar Mayer](#))

Directions

Preheat oven to 375 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, mix flour, cornmeal, sugar, baking powder, and salt.

In a medium bowl, thoroughly mix cream-style corn, egg substitute, yogurt, jalapeños, and cheese. Transfer contents to the large bowl, and stir well.

Evenly distribute batter among the lined or sprayed cups of the muffin pan. Sprinkle with bacon.

Bake until a toothpick inserted into the center of a muffin comes out clean, 18 - 20 minutes.

Let cool in pan for 30 minutes.

MAKES 12 SERVINGS

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