



Pancake & Sausage Muffins



1/12th of recipe (1 muffin): 127 calories, 2g total fat (0.5g sat. fat), 352mg sodium, 23.5g carbs, 1.5g fiber, 2g sugars, 6g protein

Prep: 15 minutes **Cook:** 30 minutes

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Ingredients

4 frozen meatless or turkey sausage patties with about 80 calories (like the kind by [MorningStar Farms](#) or [Jimmy Dean](#))
1 cup yellow cornmeal
1 cup all-purpose flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/4 cup [Truvia spoonable calorie-free sweetener](#) (or another no-calorie granulated sweetener; see *HG FYI*)
1/2 tsp. salt
1 tbsp. [light whipped butter or light buttery spread](#) (like I Can't Believe It's Not Butter! Light or Brummel & Brown)
1 cup low-fat buttermilk
1/2 cup unsweetened applesauce
1/2 cup egg whites or fat-free liquid egg substitute
1 tbsp. maple extract

Directions

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

Prepare sausage patties in a skillet sprayed with nonstick spray or on a microwave-safe plate in the microwave. (Refer to package instructions for exact temperature and cook time.) Once cool enough to handle, crumble or chop.

In a large bowl, combine cornmeal, flour, baking powder, baking soda, sweetener, and salt.

In a medium-large microwave-safe bowl, microwave butter for 20 seconds, or until melted. Add buttermilk, applesauce, egg whites/substitute, and maple extract. Whisk until uniform.

Transfer contents of the medium-large bowl to the large bowl, and stir well. Add crumbled sausage, and mix until uniform.

Evenly distribute batter among the cups of the muffin pan, and smooth out the tops. (Cups will be full.)

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

MAKES 12 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar *instead* of Truvia, double the amount called for in this recipe.

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