



Corn MegaMuffins



1/9th of recipe (1 muffin): 158 calories, 0.5g total fat (0g sat fat), 358mg sodium, 32g carbs, 1.5g fiber, 9g sugars, 6g protein

Freestyle™ [SmartPoints®](#) value 5*

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Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 cup all-purpose flour
3/4 cup yellow cornmeal
1/4 cup Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below
1/4 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

Directions

Preheat oven to 375 degrees. Line 9 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

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

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

Evenly distribute batter among the 9 lined or sprayed cups--cups will be FULL to the brims.

Bake until a toothpick inserted into the center of a muffin comes out clean, 15 to 20 minutes. Eat up!

MAKES 9 SERVINGS

HG Natural Alternative: If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

Another HG Natural Alternative: Skip the Splenda in this recipe and double the granulated white sugar; each muffin will have 177 calories, 37g carbs, and 14.5g sugars.

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.