

Corn and Basil Muffins

Makes 12 muffins

1/2 cup all purpose flour
1/2 cup whole wheat flour
1 cup yellow cornmeal
1 Tbsp. sugar
2 tsp. baking powder
1/2 tsp. baking soda
1.25 tsp. salt
freshly cracked pepper to taste
1 cup lowfat sour cream
2 large eggs
2 Tbsp. butter (I always use unsalted)
2 Tbsp. olive oil
3 Tbsp. fresh chopped basil
1.5 cups corn

Preheat the oven to 400 and grease or line a muffin tin.

Combine the first 8 ingredients together in a bowl. In a separate bowl, whisk together the sour cream, eggs, butter, olive oil and basil until well combined. Add the flour mixture to the sour cream mixture, and mix until just combined. Fold in the corn.

Spoon the mixture into the prepared muffin tin and bake for about 20-22 minutes or until a toothpick inserted comes out clean.

Nutritional Information Per Muffin: Calories: 172 / Fat: 8g / Carbs: 22g / Fiber: 2g / Protein: 4.3g

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