

## LiveWell

# Cherry flaxseed cornbread muffins

Yield: 12 servings



### Ingredients:

Vegetable oil cooking spray  
1 cup ground cornmeal  
1 cup all-purpose flour  
2 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/4 cup ground flaxseed  
1 cup fat-free milk  
2 eggs, whisked  
1/4 cup canola oil  
1/2 cup sugar  
1 1/2 cups pitted and quartered  
cherries

### Directions:

1. Preheat oven to 375 degrees F.
2. Coat muffin tin with nonstick cooking spray.
3. In a large mixing bowl, whisk together cornmeal, flour, baking powder, baking soda, and ground flaxseed.
4. Gradually stir in milk, eggs, oil and sugar. Gently stir in cherries. Using a heaping 1/4 cup measure, fill muffin tins.
5. Bake for 15-17 minutes or until toothpick inserted into center of muffin comes out clean.

### Nutrition information per serving:

Calories: 174  
Fat: 5 grams  
Saturated fat: 0.5 grams  
Cholesterol: 36 mg

Sodium: 193 mg  
Carbohydrates: 26 grams  
Fiber: 2.5 grams  
Protein: 4 grams

Food exchanges:  
1 1/2 carbohydrate  
1 fat