

## **Corn Muffins**

from hungrygirl.com

1 cup all-purpose flour  
3/4 cup yellow cornmeal  
1/4 cup Splenda®  
1/4 cup granulated 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 Greek yogurt

Preheat oven to 375 degrees. Combine flour, cornmeal, Splenda, sugar, baking powder, and salt in a large bowl. Mix well and set aside. In a separate medium bowl, mix together corn, egg substitute, and yogurt. Whisk thoroughly. Add contents of the medium bowl to the large one, and stir until completely mixed.

Line 9 cups of a 12-cup muffin pan with baking cups and/or spray with nonstick spray. Evenly distribute batter among the 9 cups -- cups will be VERY full. Bake in the oven for 15 - 20 minutes, until a toothpick inserted into the center of a muffin comes out clean. Allow to cool and then enjoy! Makes 9 muffins.

Nutrition information per serving: 158 calories, 6 grams protein, 0.5 grams fat, 32 grams carbohydrate, 358 mg sodium.