

Corn Muffins

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Serves 12, 2 FSP for 1 muffin, 4 FSP for 2 muffins, 7 FSP for 3 muffins

- 1 can creamed corn
- 1 cup corn meal
- 2 tsp baking powder (omit if using self rising corn meal)
- 3/4 tsp salt (omit if using self rising corn meal)
- 2 eggs

1. Preheat oven to 400
2. Spray a 12 cup regular size muffin pan with non stick spray.
3. Mix all ingredients together.
4. Fill muffin tins 2/3 full
5. Bake for 15 minutes.
6. ****if you get less than 12 muffins, you will need to adjust the points****