

Caribbean Blueberry Cornmeal Muffins



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Recipe makes: 12 servings (1 muffin per serving)

Preparation time: 15 to 20 minutes

Cook time: 20 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one can opener, one paring knife, one small cutting board, one grater, parchment paper (optional), 12 muffin liners (optional), one 12-cup muffin tray, two medium mixing bowls, two spoons, one whisk or fork, one rubber spatula, one butter knife, one fork, one pair of oven mitts, one oven, one cooling rack or plate

What you need to make this recipe:

- Cooking spray or butter
- 1 ¼ cups whole wheat flour
- ¾ cup fine cornmeal
- 2 teaspoons baking power
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 medium or large egg
- 1 398 mL can cream style corn
- 3 tablespoons canola oil
- ¼ cup honey
- 1 tablespoon freshly squeezed lemon juice
- Zest of 1 lemon
- 1 cup fresh or frozen blueberries

How to make Caribbean Blueberry Cornmeal Muffins:

1. Preheat an oven to 190°C (375°F).
2. Prepare a 12-cup muffin tray:
Option 1: Lightly grease each up in the tray with cooking spray.
Option 2: Lightly grease each up in the tray with butter using parchment paper.
Option 3: Put one muffin liner in each cup of the tray.
3. In a medium bowl, stir together the flour, cornmeal, baking powder, baking soda, and salt using a spoon.
4. In another medium bowl, beat the egg with a whisk or fork.
5. Add the corn, oil, honey, lemon juice, and lemon zest to the beaten egg. Stir, using a spoon, until combined.
6. Add the dry ingredients to the wet ingredients and fold, using a rubber spatula or spoon, until just combined.
7. Add the blueberries to the muffin batter. Using a rubber spatula, fold the blueberries into the batter.
8. Fill each cup in the muffin tray ¾ full with batter.
9. Bake muffins in the preheated oven for 20 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
10. Cool muffins in the tray for 10 to 15 minutes on the top of the stove.
11. Take the muffins out of the tray by running a butter knife between the side of each muffin and the wall of the tray. Lift each muffin out of the tray using a fork. Put the muffins on cooling rack or plate to finish cooling.

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Nutrition Facts		
Per 1 serving (1 muffin)		
Calories	160	% Daily Value*
Fat 4.5 g		6 %
Saturated 0.4 g		3 %
+ Trans 0.1 g		
Carbohydrate 28 g		
Fibre 2 g		7 %
Sugars 10 g		10 %
Protein 4 g		
Cholesterol 15 mg		
Sodium 270 mg		12 %
Calcium 40 mg		3 %
Iron 0.75 mg		4 %
Vitamin A 10 µg		1 %
Vitamin C 1 mg		1 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Moderate		

Allergy information:

Contains wheat, gluten, and eggs.

About this recipe:

Many Caribbean people, including Bahamians, view “food as medicine”. This means that food is grown and eaten for both enjoyment and health. Getting enough vitamins, minerals, and antioxidants from food is an important part of eating for Bahamians.

Antioxidants are found in fruit, vegetables, whole grains, nuts and seeds, and beans and legumes. They include vitamin C, vitamin E, the mineral selenium, and plant chemicals like flavonoids and carotenoids. Antioxidants help protect your body’s cells from damage and may help lower your risk of heart disease and diabetes.

Fruit is a staple in the Caribbean diet since it contains antioxidants and is refreshing in hot weather. It is eaten on its own or used as an ingredient in recipes. Adding fruit to baked goods is common in most Caribbean households, and this recipe is inspired by a traditional recipe from The Bahamas. The use of blueberries in this recipe is an example of combining a fruit grown in Canada with a classically enjoyed treat, cornmeal muffins.

Storage information:

Store the muffins in the refrigerator in an airtight container for up to 4 days, or in the freezer for up to 2 months.