

Mexican Breakfast Corn Muffins

Recipe makes: 12 servings (1 muffin per serving)

Preparation time: 15 to 20 minutes

Cook time: 15 minutes

Equipment: one set of measuring cups, one set of measuring spoons, one 12-cup muffin tray, parchment paper (optional), 12 muffin liners (optional), one grater, one large mixing bowl, one whisk or fork, one spoon, one spatula, one cooling rack or plate, one butter knife, one fork, an oven, and one pair of oven mitts

What you need to make this recipe: How to make Mexican Breakfast Corn Muffins:

- 2/3 cup low-fat sour cream
- 1/2 cup skim milk
- 2 large eggs
- 3/4 cup canned sweet corn kernels, drained and rinsed
- 2 green onions, finely chopped
- Zest from 1 lime
- 1 fresh jalapeno or 4 jalapenos from a jar, minced (optional)
- 1 2/3 cup all-purpose flour
- 3/4 cup + 1 tablespoon cornmeal
- 3 tablespoons ground flaxseed
- 1/2 tablespoon baking powder
- 1/2 tablespoon sea salt
- 1/2 cup low-fat cheddar cheese
- Cooking spray or butter

1. Preheat the oven to 175°C (350°F).
2. Prepare a 12-cup muffin tray.
Option 1: Lightly grease each cup in the tray with cooking spray.
Option 2: Lightly grease each cup in the tray with butter using parchment paper.
Option 3: Put one muffin liner in each cup of the tray.
3. Put the sour cream, milk, and eggs in a large mixing bowl. Using a whisk or fork, whisk until combined.
4. Add the corn, green onion, lime zest, and jalapeno to the sour cream mixture. Using a spoon, stir until combined.
5. Add the flour, cornmeal, flaxseed, baking powder, and salt to the sour cream mixture. Using a spoon, stir until combined.
6. Add 2 tablespoons of the cheese to the muffin batter. Using a rubber spatula, fold* the cheese into the batter.
7. Fill each cup in the muffin tray 3/4 full with batter.
8. Put about 1/2 tablespoon of cheese on top of each muffin.
9. Bake muffins in the preheated oven for 15 minutes or until a toothpick inserted in the center comes out clean.
10. Cool the muffins in the tray for 10 to 15 minutes.
11. Take the muffins out of the tray by running a butter knife between the side of each muffin and the wall of the muffin tray. Then, use a clean fork to lift each muffin out of the tray. Put the muffins on a cooling rack or plate to finish cooling.

*See “About this recipe” to learn about folding ingredients together.

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Nutrition Facts	
Per 1 serving (1 muffin)	
Calories 140	% Daily Value*
Fat 2 g	3 %
Saturated 0.4 g	2 %
+ Trans 0 g	
Carbohydrate 25 g	
Fibre 2 g	7 %
Sugars 1 g	1 %
Protein 6 g	
Cholesterol 30 mg	
Sodium 250 mg	11 %
Calcium 75 mg	6 %
Iron 1 mg	6 %
Vitamin A 50 µg	6 %
Vitamin C 0.6 mg	1 %
Vitamin B12 0.3 µg	13 %
5% or less is a little , 15% or more is a lot	
Nova Scotia School Food and Beverage Standard: Maximum	

Allergy information:

Contains egg, milk, wheat, and gluten.

About this recipe:

Eggs, milk, and sour cream contain Vitamin B12. Getting enough Vitamin B12 in your diet can help keep your immune and nervous systems healthy.

Folding is a way of gently mixing ingredients together. To fold ingredients together, pass a spatula through the middle of the ingredients, across the bottom of the bowl, and over the top of the ingredients. Continue these actions until the ingredients are combined.

Substitutions:

To make this recipe wheat and gluten-free, use all-purpose gluten-free flour and certified gluten-free cornmeal and flaxseed.

Storage information:

The muffins can be stored in an airtight container in the fridge for 2 to 3 days.