

Simply Blasphemous Cornbread

Showing how to make my ultra moist and fluffy cornbread as either muffins, or in a cast iron skillet

First off, I apologize in advance to ALL of my Southern Belles who are about to clutch their pearls in shock. These are less 'cornbread' and more of a fluffy 'corn muffin'. Instead of using cans of creamed corn, I'm blending cans of 0 point whole corn kernels. Then, instead of corn flour, I'm using Instant Masa Mix/Flour, which can be found in the Mexican food aisle. You CAN use regular corn flour if you want, but they won't be as moist. I highly recommend the Maseca... I also use it on pages 38-39.

Serving Info:

Yield: 24 cornbread muffins
Servings: 24
Serving Size: 1 muffin



- last checked 11/07/23 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

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1-2

For people NOT on the
diabetic plan, the first 11
muffins are 1 point each

2. Begin preheating your oven to 375 degrees. USE AN OVEN THERMOMETER and wait until your oven is actually at 375. Don't trust your oven's beep.



Ingredients:

- (2) 15oz cans of whole kernel sweet corn (blended)
- (1) 15oz can of whole kernel corn, drained, kernels set aside.
- 1-1/4 cup 'Maseca' Instant Masa flour/mix (in the Mexican food aisle)
- 3/4 cup yellow cornmeal
- 4 large eggs
- 2-3/4 tsp baking powder (because 3 tsp is 1 point now 😞)
- 1/2 tsp baking soda
- 2-3 Tbsp 0 calorie sugar replacement, to taste
- 3/4 to 1 tsp salt, to taste
- (optional) 2 tsp McCormick 'butter extract' (from the baking aisle)
- (Cast Iron Skillet Version) 1 tsp canola or vegetable oil

Muffin Directions: (easier for portion control/food prep)



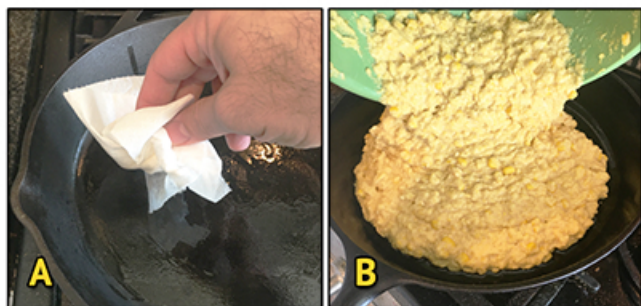
1. (A) Pour the entire contents of 2 cans of whole kernel corn into a large container, or into a blender/food processor. (B) Use your appliance (I used an immersion blender) to process the corn till smooth and creamy, yet slightly chunky. You're shooting for the same texture as canned creamed corn. Set aside.

3. (A) In a large mixing bowl, combine all, and I mean ALL of the ingredients. (B) Stir together until the batter is well mixed. Now, let the batter sit and wait until the oven is REALLY AT 375 degrees. (C) Use cooking spray to coat your muffin tins, then fill each cavity with 1/4 cup of batter. Once your oven is at temperature, spray the tops of the muffins with cooking spray, then place them in the oven. (D) Bake at 375 degrees for 16-20 mins., or till a toothpick comes out juuuust dry.

Iron Skillet Directions: (for you Southern weirdos)

By weirdos I mean... seriously, **THESE PANS ARE HEAVY!!!** How in the heck do some of you sweet lil ol' ladies even lift these?? It's like trying to lift Thor's Hammer!!

1. Follow the exact same instructions as the directions for making muffins. Blending the corn, preheating your oven, making sure it actually IS at 375 before you bake. Then, mixing the batter together. The only difference is rather than pouring the batter into muffin pans, we're going to:



2. **(A)** Place your large cast iron skillet on the stove and turn on the flame to medium heat. Heat the pan for 4 minutes. This will bring your pan's surface temperature to between 375-400 degrees. Drizzle in 1 tsp of oil, then carefully spread it around with wadded up paper towels or a kitchen brush. **(B)** Quickly spray a **good** coat of cooking spray into the pan, then pour in all the batter. Use a spoon to quickly smooth the top as best as you can.



3. **(A)** Immediately put the sizzling hot pan into your 375 degree oven. **(B)** Bake for 35-40 mins. or until a toothpick comes out almost completely dry. Mine took 36 mins. I was able to slice mine into 24 REALLY thick squares.
NOTE: The skillet version has 2 extra points for the oil.

