



BOXED MIX: CORN MUFFINS

Recipe adapted from:
Jiffy® Corn Muffin mix

Yields: 6 Muffins

Serving Size: 1 Muffin

Egg Protein per Serving, 2g

DIRECTIONS

- 1 Preheat oven to 400° F (200° C). This step may take 30-45 minutes. Bake muffins only in an oven that is **completely preheated** to 400° F (200° C).
- 2 Line a muffin pan with 6 muffin liners. Use aluminum or parchment paper muffin liners; alternatively, you may grease the muffin tins with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 Blend ingredients in a large mixing bowl. Do not overstir. Some lumps may remain. Let batter rest for 3-4 minutes.
- 4 Pour batter evenly into muffin cups and bake 20 minutes or until golden brown and firm to touch. Insert a toothpick to test. (See page 6 -baking safety).
- 5 Let the muffins cool for 5 minutes in the tins before removing them to a wire rack. Cool completely before serving.

NOTE: *Do not use a boxed mix if it contains an allergen you are avoiding. Please read all labels as they can change without warning. Additional information on precautionary labeling, such as "may contain", can be located in the frequently asked questions section on page 12.

INGREDIENTS

*Use the following in place
of the box instructions:*

1 package Jiffy® Corn Muffin Mix®*

2 large eggs (100g)

1 tablespoon (15 ml) of plant-based
beverage or cow's milk (May use milk if
not allergic to cow's milk)

*Use only tolerated ingredients or ingredients
approved by your physician.*