



Dash  
of  
Wellness

**I**  
**ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

# Double Cornbread

1 cup cornmeal	2 egg whites (or ¼ cup egg substitute)
½ cup all-purpose flour <i>(use gluten free flour for a celiac friendly recipe)</i>	½ cup fat-free Greek yogurt*
2 tsp. baking powder	2 Tbsp. canola oil
½ tsp. baking soda	1 cup creamed corn

## Directions

1. Preheat oven to 425°F. Wash hands with soap and water. If using a muffin tin or pan, coat with non-stick baking spray.
2. Combine cornmeal, flour, baking powder, and baking soda in a large mixing bowl. Mix well.
3. In a separate bowl, combine Greek yogurt, egg whites, oil, and creamed corn. Mix well.
4. Add corn mixture to dry ingredients and stir only enough to dampen flour.
5. Spoon batter into muffin tin or pan. Spray top lightly with baking spray. Bake muffins for 20 minutes, pan or skillet bread for 25 minutes. Serve warm. Enjoy!

**Yield:** 12 muffins, one 9X9" pan, or one 8" skillet cut into 12 pieces

**Nutrition Facts** (per muffin): 110 calories, 3 grams fat, 210 milligrams sodium, 18 grams carbohydrate, 1 gram fiber, 3 grams protein

\*You may substitute low-fat buttermilk or fat-free sour cream

*Note: This recipe is part of our "I on Diabetes" recipe collection. "I on Diabetes" is a 4-part workshop series, taught by UI Extension Nutrition & Wellness Educators, on how to make healthy food choices when you have diabetes.*

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