



## Springfield Mills: Maple-Cornbread Muffins

### Ingredients:

- 1 cup stone-ground cornmeal
- 1 cup stone-ground wheat flour
- 1 tbsp. baking powder
- 1/2 cup granulated sugar
- 1 tsp. salt
- 1 cup whole cow's milk
- 2 large chicken eggs
- 8 tbsp. melted butter (1 stick) 1/4 cup maple syrup

### Instructions:

Preheat oven to 400°. In a large bowl (one with a pouring lip is best) mix cornmeal, flour, baking powder, sugar, and salt. In another bowl whisk together the whole milk, eggs, butter, and maple syrup. Add the wet to the dry ingredients and stir until just mixed.

Pour into muffin tin or cake pan. Use muffin papers or spray the tin. Bake until golden brown on top and done in center.

Cooking time and temperature may depend on the pan. Small muffins can bake in less time and lower temperature than large muffins or a sheet cake. Experiment.

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