



FOR A HEALTHIER, MORE COMFORTABLE NIGHT'S SLEEP™

www.medslant.com

800-346-1850

Pumpkin Spice Cornbread Muffins

Step One Ingredients:

1/2 cup pureed pumpkin
1 tablespoon half and half
1/4 teaspoon cinnamon

Step Two Ingredients:

2 cups cornmeal
1/2 cup flour
1 teaspoon baking powder
1 teaspoon salt
2 tablespoons sugar

Step Three Ingredients:

1 1/2 cup of buttermilk
1/4 cup of egg substitute



Step One Instructions:

Mix the pumpkin, cinnamon and half and half together in a small bowl. Set aside.

Step Two Instructions:

Mix the dry ingredients together in a large mixing bowl. Set aside.

Step Three Instructions:

Whisk the egg substitute with the buttermilk until combined. Add the dry ingredient mixture. Stir just until combined. Fold in the pumpkin mixture. Spray a muffin tin with pan spray and place in a preheated 350 degree Fahrenheit oven for 5 minutes. Remove from the oven and fill each muffin cup 3/4 full. Sprinkle the tops with additional cinnamon if desired. Bake for 35 minutes. Serve warm. Serves 6.

No Significant GERD Triggers