



CREOLE CORN MUFFINS

- 1 1/2 Cups Sifted Flour
- 3 Teaspoons Baking Powder
- 1 Teaspoon Salt
- 3 Tablespoons Sugar
- 3/4 Cup Cornmeal
- 1 Egg, Beaten
- 1 Cup Milk
- 1/2 Cup Shortening, Melted
- 1 Tablespoon Bell Pepper, Chopped
- 1 Teaspoon Onion, Chopped Fine
- 1/2 Cup Grated Cheese

DIRECTIONS

1. Sift flour with baking powder, salt and sugar.
2. Add cornmeal and mix.
3. Combine egg, milk, and shortening.
4. Turn liquids into dry ingredients and stir vigorously until all the flour is dampened.
5. Add bell pepper, onion and cheese.
6. Bake in greased muffin tins in a 400 degree oven for 25 minutes.