Dried Cherry (or Berry) Corn Muffins

Vegetarian

Ingredients

1 cup corn meal

1 cup unbleached white flour

½ tsp. salt

1/3 c. packed brown sugar

1 tsp. baking powder

½ tsp. baking soda

1 large egg

4 Tbs. melted butter ( or oil)

½ cup yogurt

½ cup orange juice

¼ tsp. grated orange rind (optional)

½ to ¾ c. dried cherries (or 1 cup blueberries or raspberries)

Instructions

1.Preheat oven to 400° F. Grease one 12-muffin tin.

2.In a bowl, combine dry ingredients very thoroughly. In a separate bowl, combine wet ingredients and beat well.

3. Add the wet ingredients to the dry ingredients until just blended. Add the cherries (or berries) and continue mixing until the ingredients are just incorporated. DON’T OVERMIX.

4. Spoon the batter into greased muffin tin. Bake for 15-20 minutes (or until light brown). Cool in pan for about 10 minutes before removing.