



Recipes

Maple Pecan Corn Muffins

by Jeanne Robbins

Ingredients:

1 cup cornmeal	1 egg, slightly beaten
1 cup all-purpose flour	¼ cup pure maple syrup
2 ½ tsp. baking powder	2 Tbs. butter or margarine, melted
½ cup finely chopped pecans*	¾ cup milk

Procedure:

1. Preheat the oven to 400 degrees. Spray or line 12 muffin cups.
2. Mix dry ingredients, including the nuts.
3. Make a well in the center and add the remaining ingredients.
4. Mix just until combined.
5. Fill muffin cups ¾ full.
6. Bake 10-15 minutes.

Yield: 12 muffins

**Staff notes:* Don't be afraid to use substitutes if you don't have certain ingredients. The staff member who baked these muffins did not have pecans and used walnuts instead. You may also enjoy experimenting with flavors; the staff person who made these muffins added cinnamon for extra flavor.

This recipe comes from Yates Mill Associates' cookbook, *Yates Mill Cornmeal Cookbook*. This cookbook is offered for sale during Historic Yates Mill's corn grinding weekends. Check the park's website (<http://www.wakegov.com/parks/yatesmill>) for dates of these special programs.