

Make a Healthy Savory Cornbread Pudding with these Ingredients!



- 2/3 cup all-purpose flour
- 1/2 cup yellow cornmeal
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- 1/4 tsp salt
- 1/4 cup non-fat milk
- 2 tbsp olive oil
- 1 tablespoon Tabasco sauce
- 1 cup creamed corn
- 1 cup grated low-fat cheddar cheese
- 8 oz Greek yogurt
- 1 white onion, thinly sliced



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Directions

- Grease 12 count muffin pan
- Combine first 5 ingredients in a bowl, mix well.
- Add milk, olive oil, Tabasco and creamed corn. Mix well. Fill muffin tins half full with this mixture.
- In another bowl, thoroughly combine cheese, Greek yogurt and onion.
- Top each muffin with cheese mixture to fill tin.
- Bake for 30 minutes. Serve hot.

Nutrition Facts



	Per Serving	% Daily Value
Calories	149	
Calories from Fat	56	
Total Fat	6.2g	10%
Saturated Fat	2.7g	14%
Trans Fat	0g	0
Cholesterol	11mg	4%
Sodium	190mg	8%
Carbohydrates	18.7g	6%
Sugars	5.2g	
Protein	6.0g	