

Apple-Cornmeal Muffins

Good for breakfast or brunch with sausage and eggs, or later on with coffee—

1½ cups sifted all-purpose flour

⅓ cup sugar

3 teaspoons baking powder

½ teaspoon salt

1 cup yellow cornmeal

1 cup milk

1 beaten egg

2 small tart green

summer apples, cored, pared, and finely chopped (1 cup)

Sift together flour, sugar, baking powder, and salt; stir in cornmeal. Combine milk and egg. Add to flour mixture along with the chopped apple. Stir quickly just till dry ingredients are moistened. Fill greased 2½-inch muffin pans $\frac{2}{3}$ full. Bake in 400° oven for 20 to 25 minutes. Makes 12 to 15 muffins.