

Cornbread Cups

BY SHANNA BUTLER

- 1 cup yellow cornmeal**
- 3/4 cup wheat flour**
- 3 tablespoons sugar**
- 1/2 teaspoon salt**
- 1 teaspoon baking powder**
- 1 egg**
- 2 tablespoons oil**
- 1 1/4 cups milk**
- 2 cans chili**

1. Mix all the ingredients except the chili in a medium mixing bowl. Spoon the mixture into 12 6-ounce (170-g) ramekins or custard cups.* Fill each dish one-quarter full.

2. Bake the cornbread at 350°F (177°C) for 12 to 15 minutes, or until a toothpick inserted comes out clean. Remove from oven and let cool for at least 10 minutes.

3. Heat the chili according to package directions, and spoon it evenly onto the baked cornbread.

Enjoy your yummy warm snack!

*If you don't have ramekins or custard cups, a lined muffin pan could also be used. Baking times may vary according to the type of baking dish, so watch carefully.