

CPS CHEF COUNCIL

Chef Gwen Maybin



COFFEE, TEA & ME

Gwen Maybin graduated with high honors from Northeastern University with a degree in Special Education. Before starting her own company, Gwen was a Chicago Public Schools teacher for over eight years. Passionate for baking and becoming a Chef, Gwen left teaching to promote good health and to work for a vegan food company, where she quickly moved up the ranks to become Vice President of Marketing and Product Development.

In 1987 Gwen started *Coffee, Tea & Me* with a “I can do spirit.” Gwen leased some office space in Oakbrook Terrace, Illinois, purchased several phones, along with a retail customer list and began calling potential clients. In the first year, *Coffee, Tea & Me* grossed over nine hundred thousand dollars with one product. *Coffee, Tea & Me* has produced a variety of delicious Healthy Menu Solutions which have gained satisfied customers including public schools, hospitals, day cares, senior cares, restaurants, the military, servicing nine European and Asian countries.

When Gwen is not working at her passion, she is spending quality time with her loving husband of over 50 years, two children and three grandchildren. Gwen enjoys reading, traveling to foreign countries, and exercising for relaxation.



NUTRITION
SUPPORT
SERVICES



Jalapeno Cheddar Cornbread

Chef Gwen Maybin

INGREDIENTS

1 cup fine grind cornmeal
¾ cup flour
¾ cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt
1 cup sour cream
½ cup buttermilk
2 eggs, beaten
4 Tablespoons butter, melted
3 teaspoons honey
1 cup shredded cheddar cheese
½ cup drained jalapeno peppers, diced

INSTRUCTIONS

Preheat oven to 425 F.

Combine dry ingredients in large bowl. Combine wet ingredients in another bowl. Add wet ingredients to flour mixture; mix well.

Stir in cheese and peppers; mix well to combine. Spread batter in 9x9 inch pan sprayed with cooking spray. Bake 20 minutes or until toothpick inserted in middle comes out clean.

Cool 15- 20 minutes before cutting.