



MINI CORN MUFFINS

Program 231041

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YOU WILL NEED:

- 1 cup unbleached white flour
- 1 cup cornmeal
- 1 tablespoon baking powder
- ½ teaspoon sea salt
- ¼ cup oil
- 2 tablespoons pure maple syrup
- 1½ cups canned creamed corn
- optional: ¼ cup green chilies

DIRECTIONS:

1. Preheat the oven to 400 degrees.
2. In a medium size bowl, mix all the dry ingredients together.
3. Make a well in the middle of the mixture and add remaining ingredients. Mix well.
4. Spray two mini muffin pans with non-stick spray and spoon the mixture into the pans.
5. Bake for 12-15 minutes.

YIELDS:

24 mini muffins

Enjoy with honey butter:

- 2 tablespoons plant based butter
- 2 tablespoons honey