

THE BEST DARN CORNBREAD MUFFINS

Gluten-Free, Refined Sugar-Free, Fat-Free



INGREDIENTS - *Makes 12 muffins*

DRY

- 1 cup finely ground cornmeal
- 3/4 cup gluten-free flour mix (I used King Arthur)
- 1/2 cup blanched almond flour
- 1 tsp xanthan gum
- 1 tsp baking soda
- 1/4 tsp salt

WET

- 1 cup applesauce
- 1 cup creamed corn (8.5 oz. can...make sure it is dairy-free)
- 8.75 oz. can whole kernel corn (no salt added), drained (chop finely if desired)
- 2-4 Tbs honey (I prefer 2 Tbs) (to make vegan, use maple syrup or agave)

Preheat oven to 350 degrees F (I used convection bake).

Combine the cornmeal, flours, xanthan gum, baking soda, and salt in a large mixing bowl. Whisk to combine.

In a separate bowl combine the applesauce, creamed corn and honey. Whisk together until fully incorporated.

Add the wet to the dry ingredients and mix well with a spoon until fully mixed.

Chop up the whole kernel corn until it is the size you prefer for your muffins. Fold the corn kernels into the batter.

Line your muffin tins (grease lightly with coconut oil spray) and fill each muffin 2/3 full with batter.

Bake for 14-18 minutes (rotating half-way through) until golden brown and toothpick comes out clean. Allow to cool completely. *

These muffins taste great straight out of the refrigerator, but warmed is even better!

**Remember that homemade gluten-free baked goods taste best once they have cooled completely. Straight out of the oven they tend to be gummy.*

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