

Whole-Grain Corn Muffins

Prep	Cook	Total
20 min	20 min	40 min

Yield: Makes 12 muffins

Serving: 12

Ingredients

2 T **ground flaxseed**

1 cup **unsweetened plain almond milk** *or other non-dairy milk*

$\frac{1}{2}$ cup **applesauce**

$\frac{1}{2}$ cup **pure maple syrup**

1 cup **corn meal**

1 cup **oat flour**

1 tsp **baking soda**

1 tsp **baking powder**

$\frac{1}{2}$ tsp **salt**

1 cup **frozen corn kernels** *thawed*

Directions

Preheat oven to 375°F.

In a large bowl, combine flaxseed with almond milk and set aside for 5 minutes.

While waiting, gather remaining ingredients and then stir applesauce and maple syrup into the flaxseed/almond milk mixture.

Add corn meal, oat flour, baking soda, baking powder, and salt. Stir until well-combined, but avoid over-mixing.

Add in the corn kernels.

Either using a silicone 12-cup muffin pan or a 12-cup muffin pan lined with paper, spoon out equal portions of batter into the cups.

Bake for 20 minutes or until toothpick comes out clean when inserted into the center.

