

Quick Corn Casserole

My take on the traditional corn casserole, no boxed mix is required!

- 1/2 cup Oat Fiber
 - 1/2 cup Masa
 - 2 tsp THM Sweet Blend
 - 1 tbsp baking powder
 - 1/2 tsp mineral salt
 - 1/2 tsp glucomannan (or xanthan gum)
 - 1 can whole kernel corn (not drained)
 - 1 can whole kernel corn (creamed in a food processor)
 - 2 eggs (can use 1/2 c egg whites)
 - 1/2 cup 0% Greek yogurt
1. Place oat fiber, masa, sweet blend, baking powder, salt, and glucomannan in a small bowl and whisk to combine. Set aside.
 2. Place one can of corn, not drained into a food processor or blender and process until it is the consistency of creamed corn. (Note, it will be more runny than traditional creamed corn. Don't worry, your thickening agents are in your dry mix.)
 3. Place "creamed corn", a second can of whole kernel corn (not drained), Greek yogurt, and eggs in a large bowl and stir to combine.
 4. Add dry ingredient mix to wet ingredients and stir to combine. You can use a spatula or a large whisk. Pour the mixture into a well-greased casserole dish.
 5. Bake for 35-45 minutes or until the top is golden and the center does not jiggle. It should be creamy, but not liquidy. The larger your casserole dish, the less baking time you will need.