

Pineapple Jalapeno Tropical Corn Bread



Pineapple Jalapeños Corn Muffin- Slightly Sweet, Slightly Spicy and all parts Delicious. Only 30 minutes away from this tropical Corn bread.

Course Snacks
Cuisine Caribbean

Prep Time 15 minutes
Cook Time 15 minutes
Total Time 30 minutes

Servings 8
Calories 251 kcal
Author Immaculate Bites

Ingredients

- 1 1/2 cup 195grams all-purpose flour
- 1/2 cup 65grams corn meal
- 2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 cup granulated sugar
- 3/4 teaspoon salt
- 8 ounce can crushed pineapple drained(about 3/4 cup)
- 1/2 115 grams cup sour cream
- 1/2- cup 120ml milk or coconut milk
- 2 large eggs
- 1 Jalapenos pepper chopped
- 1 teaspoon smoked paprika optional
- 4 tablespoons 57grams unsalted butter melted
- 1/2 cup canned corn optional

Instructions

1. Instruction
2. Preheat the oven to 350 degrees F. Butter and flour a muffin tin and set aside. Or you could use muffin liners; make sure you spray them with a cooking spray.
3. In a medium bowl, whisk together the flour, cornmeal, baking powder, baking soda, and salt.
4. Whisk in, sour cream, milk, and lightly beaten eggs until well combined
5. Then, add crushed pineapple, jalapenos and melted butter
6. Pour batter into prepared muffin pan. Bake 15-18 minutes or until light golden brown and toothpick inserted in center comes out clean.