

# Stroke FORWARD



## WHOLE-GRAIN CORN MUFFINS

**Recipe by Julieanna Hever**

The perfect addition to a piping hot bowl of chili, soup, or stew is a lightly sweetened, warm corn muffin (or two). Or you can enjoy them for breakfast all on their own.

Makes 12 muffins

1-1/2 tablespoons ground flaxseeds  
1 cup unsweetened plain almond milk  
1/2 cup unsweetened applesauce  
1/2 cup 100% pure maple syrup  
1 cup cornmeal  
1 cup oat flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup corn kernels (from about 2 ears)

1. Preheat the oven to 375° F. Line a 12-cup muffin pan with paper muffin liners.
2. In a small bowl, combine the flaxseed with the almond milk and set aside, to allow to gel, for 5 minutes.
3. In a large mixing bowl, stir the applesauce and maple syrup together. Add the flaxseed/almond milk mixture. Stir in the cornmeal, oat flour, baking soda, baking powder, and salt. Stir until well combined, but avoid overmixing. Fold in the corn kernels.

4. Spoon out equal portions of the batter into the muffin cups. Bake for 20 minutes, or until a toothpick inserted into the center comes out clean. Serve warm.

If you have sensitivities like I do, you can go ahead and try different things. For example, I had coconut milk and left out the corn kernels. The next time I make it, I will leave out the cornmeal and try a different kind of flour.

I am grateful for *Forks Over Knives — The Cookbook: Over 300 Recipes for Plant-based Eating all throughout the Year*. It is one cookbook that I have tried and liked.

Good eating!