Ruby Lynn's Kitchen

THIS RECIPE IS: Vegan, Gluten, Dairy & Egg Free

REAL SOUTHERN-STYLE HONEY CORNBREAD MUFFINS

Makes 12 Muffins

- *WHY THIS RECIPE WORKS: These muffins are soft, tender and sweet - but not too sweet! Just perfect. Corn Flour and Cornmeal give these muffins flavor and texture. Honey and a touch of sugar add that authentic Southern flair. If you don't change these ingredients or the amounts given, you will get great results!*

PREHEAT THE OVEN TO 375 DEGREES FAHRENHEIT.
LINE A MUFFIN/CUPCAKE PAN WITH CUPCAKE PAPERS. SET ASIDE

IN A LARGE BOWL WHISK TOGETHER THE DRY INGREDIENTS UNTIL BLENDED:

- **1 cup corn flour**
- **1/2 cup cornmeal (Use medium or coarse grind - whatever you prefer)**
- **1/2 cup almond flour**
- **1/3 cup arrowroot starch**
- **1/4 cup sugar (I prefer organic cane sugar)**
- **1 TAB. baking powder**
- **1 teaspoon sea salt**
- **1/2 teaspoon baking soda**
- **1/2 teaspoon xanthan gum**

IN A MEDIUM-SIZE BOWL WHISK WET INGREDIENTS UNTIL SMOOTH:

- **1/3 cup oil (I use avocado oil)**
- **1/3 cup honey**
- **1/4 cup plain applesauce** (be sure when you measure to level it, don't heap it)
- **3/4 cup milk (I use refrigerated So-Delicious coconut milk)**
- **1/2 teaspoon apple cider vinegar**

1. **As soon as the oven is <u>fully</u> <u>preheated</u>, pour the wet ingredients over the dry ingredients. Whisk just until all ingredients are blended.**
2. **Fill the muffin cups. Bake at 375 degrees Fahrenheit about 13 -15 minutes or until done.**

- *Serve warm with with a Dairy-Free Spread, honey and or jam, if desired.*
- *NOTE: If you can enjoy Dairy, spread your muffin liberally with real butter. So good!*

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