



Vegan Corn Muffins... "So Delicious"!

- from Denise's Kitchen

Ingredients:

1 cup of organic whole wheat flour
1 cup of organic cornmeal
1 tbsp of "aluminum-free" baking powder (I use Rumford.)
1/2 tsp of sea salt
1/2 cup plus 2 heaping tbsp of organic sugar
1/2 cup of grapeseed oil
3/4 cup of Silk plain unsweetened soymilk
6 oz container of "So Delicious" non-dairy vanilla yogurt (It's made with coconut milk!)
1 heaping tsp of organic vanilla extract

Directions:

Pre-heat oven to 400 degrees. Fill your muffin tin with 12 unbleached baking cups. You can buy these at your local health food store.

Sift together your dry ingredients (flour through sugar) in a medium-sized mixing bowl. In a smaller bowl, whisk together your wet ingredients (oil through vanilla) until creamy. Pour your wet ingredients into your dry ingredients and stir until combined. Spoon your mixture into the baking cups until 3/4 full. Bake for about 25 minutes until toothpick comes out clean. Serve warm just by themselves...no need for butter or jam. You'll find these muffins to be part corn muffin/part cupcake. They're rather crispy on top and soft on the inside. Sweet & tasty through and through!