

Mexican Cornbread Muffins

THM-Friendly: E

- 1/4 - 1/2 cup nut milk
- 1 tsp. melted coconut oil
- 1/2 cup egg whites
- 1 cup low-fat cottage cheese
- 1 (4 oz.) can green chilies (don't drain)
- 1 cup THM Baking Blend
- 1 cup masa flour
- 1 Tbsp. THM Super Sweet
- 1 Tbsp. baking powder
- 1/4 tsp. mineral salt
- 1/4 tsp. cayenne
- 1 (11 oz.) can of corn, drained
- 1 raw jalapeño finely chopped (remove ribs if desired)

Directions:

Add all the ingredients to a food processor and pulse until mixed. Spoon into muffin cups or a greased pan and bake at 400 degrees for 20-25 minutes until golden brown and a knife comes out clean.

enJOY!

