

Harvest Corn Muffins

Makes 6-8 Muffins

Ingredients

- 1 1/2 cups flour
- 1/2 cup yellow corn meal
- 6 teaspoons sugar (or maple syrup, agave, honey)
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 cup cooked, peeled and mashed sweet potatoes (about 1 medium sweet potato)
- 1 teaspoon vanilla
- 6 ounces milk or non-dairy milk (almond, soy, etc.)
- 1 teaspoon vinegar or lemon juice
- 1 cup fresh, frozen or canned corn (canned corn should be drained and rinsed)
- 1/2 cup dried cherries (or dried cranberries)

Directions

1. Preheat oven to 375 degrees.
2. Place flour, corn meal, sugar, salt and baking soda in a large bowl. Mix and set aside.
3. In another bowl, mix mashed sweet potatoes, vanilla, milk and vinegar (or lemon juice).
4. Add the sweet potato mixture to the other bowl and mix. Mixture will be on the thick side. Add more milk, if needed.
5. Add corn and dried cherries, stir well. Allow to "proof" (sit) for about ten minutes.
6. Place the batter in a lined muffin tin, fill about 2/3 of the way.
7. Bake for 15-20 minutes. Muffins should be golden brown. Allow to cool.

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