

21 Day Fix Corn Dog Muffins

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These muffins were a hit with the little ones! We topped them with a bit of honey and they make for a great dinner, snack or lunch item as well! The recipe makes 9 servings!

Container Equivalents

1 YELLOW □

1 1/2 TSP □

1 TSP sugar □

INGREDIENTS

- 3 tbs raw sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cup unsweetened almond milk or milk of choice
- 1/4 cup melted coconut oil
- 2 eggs, beaten
- 1 1/4 cups whole wheat pastry flour
- 3/4 cup cornmeal
- 2 jumbo hot dogs cut up into pieces

INSTRUCTIONS

1. Preheat your oven to 400 degrees. Spray an 8X8 baking dish (or a muffin tin) with cooking spray, set aside.
2. Whisk together the flour, cornmeal, sugar, baking powder and salt.
3. Stir in remaining ingredients until just combined. Fill halfway between 9 muffin cups or pour into your prepared 8X8 pan.
4. Add a piece of cut up hot dog and then pour batter to cover the top.
5. Bake about 15 minutes if you're making muffins and about 20 minutes for an 8X8 pan. Your cornbread is ready when a toothpick stuck in the center comes away clean.

6. When I make them in the muffin tin, I let them cool for a few minutes, then pull them out and let them cool the rest of the way on a cooling rack. If you made yours in the 8X8, you can just let it cool all the way and then cut it into 9 squares.

ENJOY!











