



Ultimate Jalapeno Cornbread Muffins

By: Tracy Oldfather

These Ultimate Jalapeno Cornbread Muffins are hands down the best I've ever tasted as well as husband approved - SCORE! Not a jalapeno fan, no problemo; simply omit them or substitute.



12 Muffins

Ingredients:

Dry

1-1/4 cups freshly milled **Cornmeal**

1/2 cups **Soft White Flour**, freshly milled

2 Tbls **Bean Flour*** or swap for wheat flour

2 Tbls **Flax Seed**, freshly ground

1 Tbl **Sucanat*** or Raw Sugar or mild Honey

2 tsps **Lecithin***, powdered, optional

2-1/4 tsps **Baking Powder**, aluminum free

1/2 tsps **Baking Soda**

1-1/4 tsps **Sea Salt**

Liquids

1-1/3 cups **Buttermilk***

1 Egg

3 Tbls **Virgin Coconut Oil***

1/4 to 1/3 cup minced **Jalapenos**

Variations & Tips: see end of recipe



Instructions

1. Preheat oven to 400 degrees. - Grease 12-cup muffin pan. - Melt coconut oil if solid; set aside.
All ingredients should be room temperature.

2. In a medium size bowl, combine all dry ingredients with a whisk.

3. In a small bowl, mix buttermilk and egg. (Wait on the coconut oil) **Add jalapenos; stir to blend.**

4. Add liquid mixture to the dry ingredients by gently stirring just to moisten; add more buttermilk for a medium-moist batter. Add coconut oil; again, stirring gently. Over mixing muffin batter can make them tough.

5. Soon after mixing, fill muffin cups 2/3 full.

6. Bake in preheated 400 degree oven for 15-17 minutes or until tops are lightly golden.

Variations

Extra Corny Muffins – Thaw 1/4 to 1/3 cup frozen corn. Prepare recipe above, keeping jalapenos or omitting them. Add thawed corn to the liquid mixture. Continue with recipe.

Cheese & Green Onion Muffins – Prepare basic recipe above, omitting jalapenos. Add 1 cup shredded sharp cheddar cheese and 1/4 to 1/2 cup thinly chopped green onions to liquid mixture.

Cornbread Sticks – Follow the basic muffin recipe above. Like the pan bread, well grease your bread stick pan with coconut oil and preheat in the oven. Fill sticks about 2/3 full and bake for about 12-15 minutes.

Tips

Note: If you don't mill your own corn & grains yet, then simply replace the measures with all-purpose cornmeal and unbleached flour. Find out more about milling on my website: www.breadroots.com

Cornmeal – Mill about 3/4 cup organic yellow or white whole dried corn on coarse setting to produce cornmeal. I only use organic corn.

Flour – Mill your wheat separately from your corn so as to measure correctly. Hard White wheat may be used.

Bean Flour – Mill 2 tablespoons whole dry beans like navy, northern or baby lima in with your wheat.

Flax Seed – It is optional, but please don't skip them. They bring those all-important omega-3s. Grind whole flax seed in a coffee grinder or blender for highest nutritional benefits; the body does not process it whole.

Sucanat – Real brown sugar. This is simply dehydrated cane juice with the molasses still present; a healthy alternative to processed white sugar.

Lecithin – Lecithin is an emulsifier to help make softer breads and it aids in metabolizing saturated fats and cholesterol. Lecithin is totally optional, but I wouldn't skip it. Liquid, powdered or granules may be used; I do not recommend any soy version.

Buttermilk – Buttermilk adds such a beautiful flavor, moisture and soft texture. No buttermilk? No problem; simply sour one cup regular milk with one tablespoon vinegar or lemon juice; stir, let set for a few minutes before use.

Jalapenos – I like to use the marinated kind used for pizza or you can use fresh – slice, de-seed & de-vein (or use the whole pepper for even more heat). Please use caution when working with fresh peppers, wear gloves and wash your hands very well after handling them.

Virgin Coconut Oil – Using virgin coconut oil is what I think makes these muffins taste so good. If you do not have or care for coconut oil taste, no problem, use butter or olive oil.

Freezing – Make extras to freeze for later. Simply place completely cooled muffins on a cooling rack or such, put in freezer for about an hour, then throw them in a freezer bag or container. To reheat, preheat oven to 350 degrees. Allow frozen muffins to thaw about 10 minutes, wrap loosely in foil and reheat in a 350 degree oven for about 15-20 minutes or until warmed through.