JALEPENO & SALSA CORN MUFFIN

Here's a sweet and savory muffin we think you'll love! Loaded with lots of veggies (but hardly noticeable), low fat, great for breakfast or as a healthy snack, and a great post workout carb to help replenish your muscles

Ingredients:



- 1 cup diced onion
- 1 jalapeno, seeded and chopped
- 3/4 cup fresh or frozen corn
- 1 cup cornmeal
- 1 cup oat flour
- 1 tsp baking soda
- 1/2 cup unsweetened oat milk
- 1/4 cup unsweetened applesauce
- 3T maple syrup (optional if you like a more savory muffin)
- 1 cup of your favorite salsa
- dash of salt (optional)

Directions:

Preheat oven to 400 degrees. In a frying pan, cook the onion, jalapeno, power greens and corn over medium-high heat for 5 minutes, or until all veggies are cooked through. Add 1-2T of water so the pan won't get dry (more may be added if needed). Set aside.

In a large bowl, combine the cornmeal, flour and baking soda. Add the oat milk, applesauce and maple syrup and stir. Add the cooked veggies and salsa to the mixture and combine until well mixed.

Divide the batter evenly among muffins tins. Makes 16 muffins. Bake 25-28 and enjoy! Best when eaten warm!

NUTRITION PER SERVING:

Calories 88, protein 3g, carbs 18g, fiber 2g, sugar 4g, fat 1g, sat fat 0g, chol 0mg, sodium 115mg

Reference: Prevent and Reverse Heart Disease Cookbook