VEGAN CORNBREAD MUFFINS

BFP KIDS KITCHEN



INGREDIENTS

- 1 CUP OF PURE YELLOW CORNMEAL
- 1 CUP OF FLOUR
- 1 TABLESPOON OF BAKING POWDER
- ¼ CUP OF APPLESAUCE
- 1 CUP OF OAT MILK
- ¼ CUP CANOLA OIL PLUS A LITTLE EXTRA ON THE SIDE
- 1 CAN OF CREAMED CORN



UTENSILS

- 2 MIXING BOWLS AND SPOON
- MEASURING CUP
- TABLESPOON
- MEASURING JUG
- MUFFIN PAN

DIRECTIONS

- PREHEAT YOUR OVEN TO 400 DEGREES AND POUR A VERY SMALL AMOUNT OF THE EXTRA OIL INTO EACH MUFFIN CUP – PUT THE MUFFIN TIN IN THE OVEN TO HEAT THE OIL
- IN A LARGE BOWL ADD THE CORNMEAL, FLOUR AND BAKING POWDER AND MIX
- IN THE SECOND BOWL MIX THE APPLESAUCE, OAT MILK, CREAMED CORN AND OIL
- ADD THE WET MIXTURE TO THE DRY MIXTURE AND STIR UNTIL COMBINED BUT DO NOT OVER MIX
- HAVE AN ADULT HELP YOU TO REMOVE THE HOT MUFFIN PAN FROM THE OVEN AND PLACE ON A HEAT SAFE SURFACE
- CAREFULLY POUR THE CORNBREAD MIXTURE INTO EACH MUFFIN CUP – BE CAREFUL AS THE HOT OIL MAY SPLASH
- BAKE IN THE OVEN FOR 20 MINUTES OR UNTIL FULLY COOKED – LET COOL AND ENJOY!

HAPPY THANKSGIVING!

PET FRIENDLY