

Double Corn Meal Muffins

Yield: 12

1 cup yellow cornmeal
1 cup yellow corn flour or masa
½ tsp xanthan
2/3 cup sugar
2 tsp baking powder
1 tsp salt
2 eggs
1 cup milk, lactose free works well
1/3 cup oil

Preheat oven to 400 degrees.

Oil muffin tins or line with muffin papers. I like to spray the paper liners with cooking spray. Just make sure it is gluten free.

In a medium bowl, completely blend dry ingredients together (cornmeal through salt).

In a small bowl, thoroughly combine eggs, milk, and oil.

Add the egg mixture to cornmeal mixture and combine thoroughly.

Allow batter to sit and thicken for at least 5 minutes. This gives the xanthan and flour time to hydrate. You will be rewarded with pretty rounded craggy crowns on your muffins.

Spoon into muffin cups.

Bake for 20-22 minutes.

Variations

To make **savory cornbread**- omit the sugar and bake in 8" square or round pan. Using a cast iron pan is traditional and you can increase the iron content of the bread.

Read more: <http://blog.kitchentherapy.us/2009/04/c-is-for-corn/>