

Cornbread-Jalapeno with fiber

Oven Temperature: 400°F

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|-------|-----|--------------------------|---|-----|---|
| 1 1/4 | cup | corn meal | 3 | Tbs | sugar |
| | | | 2 | Tbs | Splenda |
| 1/2 | cup | Navy bean | 1 | cup | corn |
| 1/4 | cup | whole wheat pastry flour | 1 | Tbs | jalapeno chiles, stemmed, seeded and finely diced |
| 1 | Tbs | baking powder | | | |
| 1/2 | tsp | salt | | | |
| 1 | cup | non-dairy milk | | | |
| 1/4 | cup | applesauce | | | |



This is a modified recipe-I substituted some of the flour with beans and changed the proportion of cornmeal to flour and used sugar instead of agave nectar. Use whole wheat pastry flour in lieu of beans if you do not want to mess with the beans. Makes a very sweet, moist muffin!

Procedure

- 1 Blend cooked beans in food processor until a puree. Add peppers and let the processor chop them up.
- 2 Whisk dry ingredients in a large bowl.
- 3 In a separate bowl or in the food processor, mix remaining ingredients other than corn and dry ingredients. Mix moist into wet just barely until moist then add corn.If you mix in the food processor, use the "Pulse" and pulse about 10 times, then add corn and pulse about 4 more times until mixed.
- 4 Pour into 8 or 9" pan or pie dish or in 11 muffin tins. (Pour all the way to the top of the muffin tin).
- 5 Bake for 20 minutes if in a pan or for 14 minutes for muffins until center comes out clean.

Servings: 11 muffins

Nutrition Facts

Nutrition (per serving): 120 calories, 7 calories from fat, <1g total fat, 0mg cholesterol, 284.2mg sodium, 83.9mg potassium, 24.5g carbohydrates, 2.4g fiber, 5.7g sugar, 2.7g protein.

Source

Author: The Everyday Happy Herbivore by Lindsay S. Nixon
page 68.