

Hush Puppies

1 1/2	cups	corn meal	1	Tbs	baking powder
8	oz	cream corn	1 1/2	tsp	salt
1/3	cups	almond milk-unsweetened	1/4	tsp	Old Bay Spice
1		small onion minced	1/2	cup	Splenda
2	cloves	garlic, minced	1 1/2	tsp	black pepper
1	cup	whole wheat pastry flour			



Procedure

- 1 Mix all ingredients in a bowl. Take 2-3 tablespoons of the mixture and form into a ball. Spray oven pan.
- 2 Bake the hush puppies for 15 minutes and then flip and bake 10 minutes more until golden.

Servings: 30

Yield: 1 hushpuppy/serving

Degree of Difficulty: Easy

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 53 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 187.5mg sodium, 25.9mg potassium, 9.6g carbohydrates, 1g fiber, 1.7g sugar, 1.2g protein.