RECIPE
Hail to the Blue Corn Muffins



Ready in **40 minutes**

Serves **14 people**

# Ingredients -

**Corn Muffins**

* 1 cup Illinois Blue Corn
* 1 cup Soft Red Winter Wheat
* 1 cup yellow corn meal
* 1 ½ tsp baking powder
* 1 tsp baking soda
* ¼ tsp table salt
* 1 ½ tsp cinnamon
* 2 eggs
* ⅔ cup raw honey
* 8 tbsp melted butter
* ¾ cup vanilla greek yogurt
* ⅓ cup oat milk
* 2 oz apple nibs ( diced apples coated in cinnamon and sugar )

**Goat Cheese Spread**

* 4 oz goat cheese, softened
* 1 tsp cinnamon
* 1 tsp honey

# Preparation

1. Preheat oven to 375℉. Butter 14 sections in a muffin pan.
2. Sift together blue corn, soft red winter wheat, baking soda, baking powder, salt and cinnamon. In a large bowl, whisk dry mixture with cornmeal. Set aside.
3. Whisk eggs in a medium bowl until well combined. Add in the honey, melted butter, greek yogurt, and oat milk and whisk until well combined.
4. Combine the wet ingredients with the dry mixture, mixing gently. Be careful not to overmix! Gently fold in the apple nibs.
5. Divide the batter evenly into 14 muffin cups.
6. Bake for abut 17-19 minutes.
7. While the muffins are baking, start on the goat cheese spread.
	* Whip the softened goat cheese on medium speed in a stand mixer.
	* Add in the honey and cinnamon and continue to whip.
8. Once the muffins are baked, cool for about 5 minutes.
9. Top with the goat cheese spread and enjoy!

# Tips

* Before baking, let the eggs, oat milk, and greek yogurt come to room temperature. This will help ensure that the muffins are light and fluffy.
* Before measuring the honey, oil or grease the measuring cup to help the honey come out right away!
* For an added savory flavor, you can add crumbled cooked bacon to the goat cheese spread.