

Corn Muffins

6 May 2022

100 grams cornmeal
80 grams einkorn flour
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt

3 eggs
120 grams Icelandic yogurt
6 tablespoons oil
1/3 cup maple syrup

- Preheat the oven to 375F.
- Blend the dry ingredients.
- In a separate bowl, whisk the maple syrup into the yogurt; then whisk in the oil and add the eggs one at a time.
- Now gently mix in the dry ingredients just until the flour is moistened.
- Spoon into 6 large (Texas size) muffin cups.
- Bake approximately 23 minutes.
- How to test??? They should spring back, be lightly browned on top. I would think a cake tester would come out clean. If you are using an instant read thermometer, 200F is done!