

Mini Corn Muffins

Yield: 15-18

Ingredients

- ½ c. cornmeal
- ½ c. white spelt flour
- ½ t. salt
- 1 t. flax + 3 t. water (mini flax egg)
- 1 t. maple syrup
- ½ c. raw cashews
- 1/3 c. water
- ¼ c. non-dairy milk
- ¼ c. corn, canned and drained, fresh or frozen

Directions

1. Combine cornmeal, flour and salt in bowl. Make mini flax egg and set aside.
2. Add remaining ingredients except corn and flax egg to blender and blend until smooth.
3. Combine blender mixture with cornmeal mixture. Stir in mini flax egg and fold in corn.
4. Drop by heaping teaspoons into mini muffin tins.
5. Bake at 350° for 15 minutes. Broil for a few minutes at end of time, if desired, to slightly brown tops.
6. Makes 15-18 mini muffins.

*Notes

This is an unleavened bread recipe, meaning there is no leavening agent that causes the bread to rise such as yeast, baking soda or baking powder. Unleavened bread is easy to digest and is said to have anti-inflammatory effects. Baking soda or powder are chemical mixtures that are irritating and harmful.

“Hot biscuits raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach.” *Counsels on Diets and Foods 319*

Yeast is a natural leavening agent. When using yeast in bread-making it should be thoroughly baked to destroy all the live yeast germs.

“Bread should be light and sweet. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed. When hot, or new, raised bread of any kind is difficult of digestion. It should never appear on the table. This rule does not, however, apply to unleavened bread.” *Counsels on Diets and Foods 316*

In the Bible, leaven is symbolic of wickedness, malice or sin. (1 Cor. 5:6-8) When we observe communion in our church, we eat unleavened bread, representing the broken body of the Sinless One, Jesus.