



## Ultimate Jalapeno Cornbread Muffins

By: Tracy Oldfather [www.HealthyHomePrinciples.com](http://www.HealthyHomePrinciples.com)

These Ultimate Jalapeno Cornbread Muffins are **hands-down the best I've ever tasted** as well as **husband-approved – SCORE!** There's a bonus, these muffins are also good for you, made . They are made of wholesome, nutritious ingredients like: freshly milled non-GMO corn, beans & wheat, flax seed, coconut oil & much more. Not a Jalapeno pepper fan, no problemo; simply omit them. Let's get to it!



### Ingredients:

#### Dry

- 1-1/4 cups **Cornmeal**, freshly milled
- 1/2 cup **Soft White Wheat Flour**, freshly milled
- 2 Tablespoons **Bean Flour**, Freshly milled (optional) (see Tips)
- 2 Tablespoons **Flax Seed**, freshly ground (optional)
- 1 Tablespoon **Baking Powder** (Aluminum Free)
- 1/4 teaspoon **Baking Soda**
- 1-1/4 teaspoon **Real Salt Sea Salt**
- 1-2 teaspoons **Sucanat** , mild honey or raw sugar  
(more if you like sweeter)

### Directions:

**Preheat oven** to 400 degrees. Grease a 12-cup muffin pan. **Melt coconut oil** or butter if solid, set aside.

In a medium size bowl, **combine all dry ingredients** with a whisk.

In a small bowl, **mix buttermilk and egg**. (*Wait on the coconut oil.*) **Add jalapenos**; stir to blend.

**Add liquid mixture to the dry ingredients** by gently **stirring just to moisten**; add more buttermilk or plain milk if needed for a medium-moist batter. **Add melted coconut oil or butter**; again, stirring gently. Over mixing muffin batter will make muffins tough.

**Fill muffin cups** soon after mixing, 2/3 full. (*Waiting too long; air bubbles can deflate producing not-so-fluffy muffins.*)

**Bake** in preheated 400 degree oven for **15-17 minutes** or until the tops are lightly golden.

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#### Liquids

- 1-1/3+ cups **Buttermilk**
- 1 **Egg**, lightly beaten
- 2 teaspoons **Lecithin** (optional)
- 3 Tablespoons **Coconut Oil** or Butter melted  
or Olive Oil
- 1/4-1/3 cups **Jalapenos**, minced

*For Variations & Tips*  
See below



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## Variations

**Cheese & Scallions Muffins** – Prepare basic recipe as above, omitting jalapenos if desired. Add 1 cup shredded sharp cheddar cheese and 1/4-1/2 chopped fresh scallions. Mix well into the liquid mixture before adding to the dry.

**Extra Corny Muffins** – Begin by thawing 1/4-1/3 cup frozen corn. Prepare basic recipe above. Add thawed corn to the liquid mixture; stir well. Continue with recipe instructions.

**Pan Cornbread** – Simply follow the basic recipe above or any variation. Well grease (with coconut oil) a 8" iron skillet or baking dish that has been preheat in the oven. Pour batter into hot skillet, spreading evenly and bake 15-20 minutes.

**Cornbread Sticks** – Follow the basic muffin recipe above. Like the pan bread, well grease your bread stick pan with coconut oil and preheat in the oven. Fill sticks about 2/3 full and bake for about 12-15 minutes.

## Tips

**Note:** If you don't mill your own corn & grains yet, then simply replace the measures with all-purpose cornmeal and unbleached flour. Find out more about milling on my website: <http://www.healthyhomeprinciples.com>

**Cornmeal** – Mill about 3/4 cup organic yellow or white whole dried corn on coarse setting to produce cornmeal. I only use organic corn.

**Flour** – Mill your wheat separately from your corn so as to measure correctly. Hard White wheat may be used.

**Bean Flour** – Mill 2 tablespoons whole dry beans like navy, northern or baby limas in with your wheat.

**Flax Seed** – It is optional, but please don't skip them. They bring those all-important omega-3s. Grind whole flax seed in a coffee grinder or blender for highest nutritional benefits; the body does not process it whole.

**Sucanat** – Real brown sugar This is simply dehydrated cane juice with the molasses still present; a healthy alternative to processed white sugar.

**Lecithin** – Lecithin is an emulsifier to help make softer breads and it aids in metabolizing saturated fats and cholesterol. Lecithin is totally optional, but I wouldn't skip it. Liquid, powdered or granules may be used; I do not recommend any soy version.

**Buttermilk** – Buttermilk adds such a beautiful flavor, moisture and soft texture. No buttermilk? No problem; simply sour one cup regular milk with one tablespoon vinegar or lemon juice; stir, let set for a few minutes before use.

**Jalapenos** – I like to use the marinated kind used for pizza or you can use fresh - slice, de-seed & de-vein (or use the whole pepper for even more heat). Please use caution when working with fresh peppers, wear gloves and wash your hands very well after handling them.

**Virgin Coconut Oil:** Using virgin coconut oil is what I think makes these muffins taste so good. If you do not have or care for coconut oil taste, no problem, use butter or olive oil.

**Freezing** – Make extras to freeze for later. Simply place completely cooled muffins on a cooling rack or such, put in freezer for about an hour, then throw them in a freezer bag or container. To reheat, preheat oven to 350 degrees. Allow frozen muffins to thaw about 10 minutes, wrap loosely in foil and reheat in a 350 degree oven for about 15-20 minutes or until warmed through.

