



CORN DOG MUFFINS

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ONE BATCH MAKES 18 MUFFINS.

INGREDIENTS	X1	X2	X3	X4
The night before your cooking day:				
Milk Substitute, gluten & dairy free, unsweetened, plain	2 cups	4 cups	6 cups	8 cups
Lemon Juice or Cider Vinegar	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Olive Oil	1/2 cul	1 cups	1 1/2 cup	2 cups
Maple Syrup	6 tablespoons	3/4 cups	1 cup + 2 tablespoons	1 1/2 cups
Corn Polenta or Coarse Ground Corn Meal	4 cups	8 cups	12 cups	16 cups
On your cooking day, add:				
Eggs, large	4	8	12	16
Baking Powder, gluten free	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Baking Soda	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Salt	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Hot Dogs, gluten and dairy free of choice (pork, turkey or beef)	8	16	24	32

On the night before baking, place rice milk, lemon juice, olive oil, maple syrup and corn polenta or coarse ground corn meal into blender; blend at high speed 3-5 minutes (the blender will “grind” the grain into a batter in the liquid medium. Let sit covered on counter overnight.

The next day when you are ready to bake, add eggs, baking powder, baking soda, and salt mixing everything until well blended. Stir in the hotdog pieces. Pour batter immediately into well greased muffin pan or use paper liners for the muffins. Bake at 350 degrees F (175 degrees C) 15-20 minutes or until knife or toothpick comes clean out of center.

To freeze: Allow to cool completely. Once cool place in gallon freezer bag, remove as much air as possible, seal, label and freeze.

To serve: Thaw. Eat at room temperature or reheat.