



## **Corn Muffin - Gluten Free Casein Free**

(Inspired by <http://www.matthewspuzzle.com/2012/11/gluten-free-corn-muffin-recipe.html> )

My daughter commented that it tastes good but she thought it needed a new name. This recipe is a different, it is not what I think of when I think corn muffin either. I think the texture is not quite right and it is a little eggy, but we liked it especially with honey.

3/4 Cup + 1 Tablespoon Corn Meal  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 egg  
1 Tablespoon honey  
1 Cup Almond Milk  
1 Tablespoon Vegetable Oil

Makes 6 Corn Muffins

Preheat oven to 450 degrees and spray muffin tin. Mix all ingredients well. It is liquid like a soup, not a batter. Divide between tins. Bake for 20 min or until brown and toothpick comes out clean. Serve with honey.

<http://www.lincolntent.com/GFCF.html>