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Individual Corn Spoon Breads

- Coconut spray with flour
- 3/4 cup yellow cornmeal
- 1/2 cup all-purpose flour
- 3 large eggs, separated
- 1 teaspoon kosher salt
- 1/4 teaspoon baking powder
- One 14.75-ounce can creamed corn
- 2 whole scallions, white and green parts, chopped
- 1 small chipotle in adobo, finely chopped

Directions

1. Preheat the oven to 325 degrees F. Coat each cup of a 12-cup muffin pan with baking spray.
2. Whisk together the cornmeal, flour, salt and baking powder in a small bowl. Whisk together the creamed corn and egg yolks in a large bowl. Stir in the cornmeal mixture, scallions and chipotle. Whip the egg whites in another large bowl until stiff peaks form. Stir about one-third of the egg whites into the corn mixture to lighten it and then fold in the remaining egg whites until no streaks of white remain.
3. Spoon the batter into the muffin cups (they will be very full) and bake until puffed and golden, 20 to 25 minutes. Cool the spoon breads for 5 minutes in the pans. Run a thin spatula around the edges of each to loosen and then remove the breads from the pans. Serve warm or at room temperature.