



Corn and Veggies mini Muffins

Ingredients

- 1 cup of Maseca® Antojitos corn masa flour
- 2 cups of corn kernels, fresh or frozen
- ½ cup of zucchini, finely diced
- ½ cup of carrots, finely diced
- ¼ cup of red bell pepper, finely diced
- ¾ cup of Oaxaca cheese or mozzarella, shredded
- 1 ½ of cup milk
- 2 eggs
- ¼ cup of melted butter
- ¼ cup of vegetable oil
- 1 teaspoon of salt
- 1 tablespoon of sugar
- 1 teaspoon of baking powder
- 2 tablespoons of chopped cilantro

Preparation

1. Preheat oven to 375°F. Grease a muffin pan or line with paper liners.
2. Add corn kernels and milk to a blender. Blend until smooth.
3. Pour mixture into a large bowl. Add eggs, melted butter, oil, salt, sugar, and baking powder. Mix until combined.
4. Stir in the Maseca® Antojitos corn masa flour until smooth. Let batter rest for 5 minutes so the masa hydrates.
5. Fold in zucchini, carrots, bell pepper, cheese, and cilantro.
6. Fill muffin cups about ¾ full.
7. Bake for 22–25 minutes or until lightly golden and a toothpick inserted in the center comes out clean.
8. Let cool slightly before removing from the pan.
9. Serve warm with crema, salsa verde, or extra cheese on top.

Makes: 32 mini muffins