Vegan Cornbread Muffins

Ingredients:

- 1 cup organic whole wheat pastry flour or gluten-free all-purpose flour
- 1 cup of ground cornmeal or corn flour
- ¾ tsp sea salt
- 4 tsp aluminum-free baking powder
- 2 tbsp ground flax seed
- 6 tbsp of water
- ¼ cup olive oil
- ¼ cup coconut or raw agave nectar
- 1 cup plain hemp milk
- 1 cup sweet organic corn kernels
- ¼ cup fresh or frozen, chopped green chilies (optional)

Directions:

1. Preheat oven to 425F
2. Grind flax seeds in a coffee grinder. In small bowl combine 6 tbsp of water the ground flax seed. Stir with a fork until the mixture thickens. Set aside.
3. Carefully cut kernels off the cob or use frozen corn kernels, defrost or rinse with warm water and drain.
4. In a large mixing bowl, combine and whisk together flour, cornmeal, sea salt and baking powder.
5. Add hemp milk (or almond milk), agave, ground flax seed, corn kernels and green chilies. Gently stir until all dry and wet are incorporated, but be careful not to over mix.
6. Scoop small amounts of batter into muffin tins, and then cook in oven according to estimated times below:
   - 12-14 minutes for mini muffins (1 inch)
   - 15-18 minutes for larger muffins (2+ inches)

   Do a toothpick test to check for doneness.