

For a holiday party crowd pleaser, try these tasty tidbits.

BLUE CORNMEAL MUFFINS

Blue corn is a subspecies of *Zea mays*.



- 2 cups blue cornmeal (Potehtli)
- 2 cups all-purpose white flour
- 1/2 cup white sugar or maple sugar
- 1 cup softened butter (non-salted)
- 7 eggs
- 1 Tbsp. baking powder

- 1 pinch sea salt

Preheat oven to 350 degrees F. Soften butter and add the sugar; beat until combined.

In another bowl, sift together flour, cornmeal, baking powder and salt. Then, add the butter/sugar mix.

Separate the egg yolks and add them one-by-one to the mixture

Whisk or beat the whites until stiff peaks form and fold in the dough mixture.

Butter or grease muffin cups and fill them 3/4 full.

Bake for 20-25 minutes or until a toothpick inserted comes out clean.

Makes 24-30 muffins.