



Gluten-Free Bacon Corn Muffins

Just a little bit of crispy bacon, chopped sweet pepper, and shredded cheese makes these muffins all-time favorites.

WHAT YOU NEED

- 2 $\frac{3}{4}$ cups gluten-free all-purpose flour such as King Arthur or Domata Living™ Flour
- $\frac{3}{4}$ cup sugar
- $\frac{2}{3}$ cup yellow cornmeal
- 1 teaspoon salt
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- 2 cups Hormel gluten-free precooked bacon cut or broken into $\frac{1}{2}$ -inch pieces
- 1 $\frac{1}{2}$ cups buttermilk
- 4 eggs, beaten
- $\frac{3}{4}$ cup vegetable oil
- $\frac{2}{3}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup chopped red or orange sweet peppers

TO MAKE THE RECIPE

- 1 Preheat oven to 375 degrees. Grease 24 muffin cups. Set aside. In a large bowl combine flour, sugar, cornmeal, salt, baking powder, baking soda, and bacon. Make a well in the ingredients. Set aside.
- 2 In a small bowl mix buttermilk, eggs, and oil. Slowly pour egg mixture into dry ingredients, stirring until just moistened. Fold in cheese and peppers.
- 3 Fill prepared muffin cups three-fourths full. Bake for 20 to 25 minutes or until golden brown and firm in the center.

Nutritional Analysis:

193 calories, 9g fat, 2g saturated fat, 24mg cholesterol, 268mg sodium, 24mg carbohydrates, 1g fiber, 3g sugar, 4g protein



TIP

Using pre-cooked Hormel bacon makes these muffins so easy to make and adds that special touch of bacon flavor that everyone loves.