



**Makes 12 muffins**

**Preparation Time: 15 minutes**

**Cook Time: 15 minutes**

#### INGREDIENTS:

½ cup unsweetened, unflavored plant-based milk

3 tablespoons flaxseed meal

1 cup brown rice flour

½ cup finely ground cornmeal

1½ teaspoons regular or sodium-free baking powder

½ teaspoon ground chipotle chile

½ teaspoon freshly ground black pepper

¼ teaspoons sea salt

1 15-oz. can no-salt-added white beans, rinsed and drained (1½ cups)

½ cup unsweetened applesauce

¾ cup fresh or canned corn kernels, rinsed and drained if canned

¾ cup chopped jarred roasted red peppers

Jalapeño pepper jelly (optional)

## Confetti Cornmeal Muffins

Blended white beans are the secret ingredient in these colorful, savory breakfast **muffins**, adding heft and creaminess to the batter. Chipotle chile powder gives the gluten-free crumb a smoky flavor, while jarred roasted red peppers and corn add texture and color. Give these zesty cornmeal muffins a little kick with a smear of jalapeño pepper jelly. Serve for **brunch** with a veggie **hash**, or make ahead and freeze for an on-the-go breakfast.

### Tips

Be sure to check the doneness of these muffins with an instant-read thermometer, since a toothpick in the centers will come out clean before they are actually done. Baking to 195°F ensures a lighter muffin.

For more inspiration, check out our collection of favorite **vegan muffin recipes**!

By Kathryn Johnson, RDN, LD

- 1 Preheat oven to 375°F. Line twelve 2½-inch muffin cups with paper liners or use silicone muffin cups.
- 2 In a small bowl stir together milk and flaxseed meal; let stand 5 minutes. In a medium bowl stir together the next six ingredients (through salt).
- 3 In a blender or food processor combine flaxseed mixture, beans, applesauce, ¼ cup of the corn kernels, and ¼ cup of the roasted peppers. Cover and blend until smooth. Add to flour mixture; stir until combined (batter will be thick). Fold in the remaining ½ cup corn and ¼ cup of the roasted peppers. Spoon batter evenly into prepared muffin cups. Sprinkle remaining ¼ cup roasted peppers on the tops.
- 4 Bake 18 to 20 minutes or until an instant-read thermometer inserted in centers reads 195°F (see tip, recipe intro) or tops spring back when pressed. Serve with jalapeño jelly (if using).