

Gluten Free Thursday: Corn Muffins With Sun-dried Tomatoes And Basil

Ingredients:

Difficulty: Easy
(makes 12 muffins)

1 dl + 3 tbsp (or 1/2 cup + 5 tsp or 100 gr.) corn flour (In Finnish: maissijauho, may be known as cornmeal)
1 dl + 3 tbsp (or 1/2 cup + 5 tsp or 100 gr.) polenta
6 heaped tsp (or 60 gr.) corn starch (In Finnish: maissitärkkelys)
4 tsp psyllium husk
1.5 tsp baking powder
1.5 tsp salt
2 eggs
1/2 dl (or 3 tbsp + 1 tsp or 40 gr.) rapeseed oil (or another vegetable oil without too strong flavour)
2 dl (3/4 cup + 4 tsp or 200 gr.) water in room temperature
1 dl (or 1/3 cup + 4 tsp or 100 gr.) chopped sun-dried tomatoes
6 tbsp (or 100 gr.) cottage cheese (In Finnish: raejuusto)
10 tbsp (or 100 gr.) canned corn
10 basil leaves, chopped small

Instructions:

1. Preheat the oven to 180C. Put muffin papers in a 12-piece muffin tin.
2. In a medium bowl, put the first 6 (dry) ingredients and whisk.
3. In another bowl, put the next 3 (wet) ingredients and whisk.
4. Add dry ingredients to the wet ingredients and whisk well.
5. Add the remaining ingredients into the batter mixture and fold.
6. Divide the batter equally between 12 pieces. Put in the oven, in medium part, and bake for about 22-25 minutes, or until a toothpick inserted in one of the muffins in the middle comes out clean and the muffins have golden colour. After baking is done, let the muffins sit in the muffin tin for about 20 minutes, then take them out and wait for them to cool down fully. Enjoy them at lunch or at dinner as a substitute to bread, or enjoy with some tea as an afternoon snack. You can even eat them for breakfast, if you are not a fan of sweet breakfasts.