

Kicks Like a Mule - Mexican Jalapeno and Cornbread Muffins!



By French Tart

Prep Time: 5 mins **Total Time:** 30 mins

Serves: 12, **Yield:** 12 Cornmeal Muffins

INGREDIENTS

- 1 cup cornmeal
- 1 cup plain white flour
- 2 tablespoons sugar
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cayenne pepper (optional)
- 1 cup yoghurt or 1 cup buttermilk
- 4 ounces butter, melted
- 1 egg, lightly beaten
- 1/2 cup jalapeno pepper, drained and chopped

DIRECTIONS

1. Pre-heat oven to 200C/400F and grease a 12 hole muffin tin.
2. Mix all the dry ingredients together and then add the yoghurt or buttermilk, melted butter and the egg. Mix until all the ingredients are combined - do NOT overmix!
3. Add the jalapeno peppers and mix gently again.
4. Spoon into pre-greased muffin tin and then bake for 20 to 25 minutes or until well risen and pale golden brown.
5. Serve with chili, chilli con carne, stews, soups or split and spread with savoury butter or dips.

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