

ELDERBERRY CORN MUFFINS

18 Muffins

- 2 Cups Corn meal (coarse kind) organic
- 1/2 Cup Organic white flour
- 2 tsp Baking powder
- 3/4 Cup Organic white sugar or Tagatol
- 4 Eggs
- 1/3 Cup Melted unsalted butter
- 3/4 Cup Half & half or coconut milk
- 1 Cup Fresh or frozen elderberries
- 1/2 tsp Salt
- 1 tsp Anise seeds
- 1 Orange, grated zest

TOPPING:

Ground almonds or walnuts
Brown sugar, cinnamon, cloves

Mix wet ingredients with paddle.
Add all dry ingredients, blend smooth batter.
Fold in elderberries.
Fill muffin pans 3/4 full (liners).
Sprinkle on topping.

Serve with coffee, tea, breakfast.