

- Plant Based
- Keto
- Paleo
- Whole 30
- Gluten-Free
- Dairy-Free
- ✓ Vegetarian
- Vegan

Let's make these!

Already Spaghetti Cornbread Muffins

SERVES: 14

PREP TIME: 10 Min

COOK TIME: 20 Min



INGREDIENTS:

1 Already Spaghetti ring – shredded and moisture squeezed out
1 ¼ cup flour
¾ cup cornmeal
½ cup sugar
2 tsp baking powder
½ tsp salt
½ tsp baking soda
1 stick (8 tbsp) butter – softened
¾ cup milk

Makes 12-15 mini muffins.

DIRECTIONS:

1. Preheat oven to 400° F
2. Mix dry ingredients well
3. Cut in butter with fork
4. Mix milk in with fork until moistened thoroughly (will be gooey)
5. Add in spaghetti squash and mix into batter
6. Drop 2-3 tablespoons of batter in each muffin (we use silicone mini muffin pans)
7. Bake 20 minutes or until light brown

Nutrition Facts per serving: Calories 129, Fat 3g, Fiber 1g, Total Carbohydrates 24g, Sugar 8g

Orange Honey Butter – A perfect pairing!

INGREDIENTS:

½ cup butter
2 tbsp light brown sugar
1/8 tsp cinnamon
¼ tsp lemon zest
½ tsp orange zest
Honey – to taste

DIRECTIONS:

Place all ingredients in your mixer bowl. Mix to combine and then whip it until it is very light. Roll it into several logs or a crock and chill.

Nutrition Facts per serving: Calories 65, Fat 7g, Fiber 0g, Total Carbohydrates 2g, Sugar 0g

★ Food service ★ Great for demos or tastings ★ Large batch ★ Serve warm or at room temp

ALREADY
Spaghetti™