

CornDog Muffins with Mustard Sauce

Who doesn't love a good corndog? How about making a muffin out of them? You can make a full sized muffin (my husband said to add more dogs to the bigger ones) or the mini muffins and serve them as an appetizer – either way, they are fun and delicious!



What you need:

- 1 cup all-purpose flour
- $\frac{3}{4}$ cup cornmeal
- 1 Tablespoon baking powder
- 2 Tablespoons of sugar
- 1 teaspoon garlic salt
- 1 egg
- $\frac{1}{3}$ cup plain Greek yogurt
- $\frac{1}{2}$ cup cold water
- $\frac{1}{3}$ cup melted butter
- 3-4 hot dogs or polish sausage cut into 1 inch slices
- $\frac{1}{2}$ cup chopped onion

Mustard Sauce:

- 4 Tablespoons each of
 - Ballpark (yellow) mustard
 - Dijon mustard
 - Country style whole grain mustard

How to Do it:

Preheat the oven to 350 degrees.

Mix the dry ingredients together making sure all the lumps are broken up.



Whisk the water, egg and yogurt. Pour into the dry ingredients

and stir.

Add the butter and make sure it's well blended but not over mixed.

Spray the cups of a muffin tin with cooking spray to prevent sticking.

Fill each cup evenly with the cornbread batter, about 2/3 full.

Push one to two pieces of the hot dog into the middle.

Top with the chopped onion, then



Bake for about 20 minutes, or until the muffin is brown around the edges and the cheese bubbles. Remove from heat and allow to cool slightly.



Mix the mustards together and top each muffin with a tablespoon, or serve on the side.



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Serve hot!



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Makes 12 regular sized muffins – 24 to 30 mins.

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