



Corn Dog Muffins



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1/8th of recipe (1 muffin): 137 calories, 1g total fat (<0.5g sat. fat), 660mg sodium, 25.5g carbs, 1g fiber, 3g sugars, 9g protein

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Prep: 15 minutes **Cook:** 30 minutes

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Ingredients

2/3 cup all-purpose flour
1/2 cup yellow cornmeal
2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar), or *HG Alternative*
1 1/2 tsp. baking powder
1/4 tsp. salt
1 cup canned cream-style corn
1/2 cup egg whites (about 4 large eggs' worth)
1/4 cup fat-free plain Greek yogurt
7 extra-lean hot dogs (45 calories or less each, or *HG Alternative*)

Directions

Preheat oven to 375 degrees. Line 8 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

In a large bowl, mix flour, cornmeal, sweetener, baking powder, and salt.

In a medium bowl, thoroughly mix cream-style corn, egg whites, and yogurt. Transfer mixture to the large bowl, and stir well.

Chop 5 of the hot dogs, and stir into the contents of the large bowl. Evenly distribute batter among the 8 lined or sprayed cups.

Cut remaining 2 hot dogs into a total of 24 coins. Place 3 coins on top of each muffin cup.

Bake until a toothpick inserted into the center of a muffin comes out clean, 28 - 30 minutes.

MAKES 8 SERVINGS

HG Alternative: If you prefer to use sugar instead of no-calorie sweetener, you'll need twice as much. If made with 1/4 cup sugar, each serving of this recipe will have 162 calories, 29g carbs, and 9g sugars (**SmartPoints®** value 5*).

HG Alternative: If you prefer all-natural hot dogs, we recommend [Applegate Natural Uncured Hot Dogs](#) -- Turkey (50 calories, 3.5g fat), Chicken (60 calories, 3g fat), or Beef (70 calories, 6g fat). Just adjust the recipe stats accordingly.

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