

corn dog poppers + honey mustard sauce + mini blackberry smoothies



measure+mix

Pre-heat oven to 350 degrees. Generously oil a mini muffin pan with **olive oil**. In a medium mixing bowl, have kids combine **1 cup yellow cornmeal**, **1 cup all-purpose flour** (or Pamela's GF Baking Mix), **1 teaspoon baking powder** & **¼ teaspoon baking soda**. In a separate bowl, combine **1 cup fresh or frozen sweet corn kernels** and **1 ½ cup buttermilk** (or soy milk + 1 tsp vinegar). Have kids grate ½ cup of cheddar cheese (or soy cheese) and add to the wet ingredients.

stir+cut

Add the dry ingredients to the wet ingredients all at once, and stir only enough times to bring the batter together; there should be lumps. Set batter aside and allow to rest for about 10 min. While the batter rests, cut **5 hot dogs** into bite-sized pieces. Fill the pre-oiled muffin pans ¼ full with the corn batter. Have kids put one bite sized piece of hot dog in the center of each muffin cup and spoon the extra corn batter, filling to the top.

bake+cool

Bake the corn dog poppers for 10-15 minutes until coating is golden brown and the tops are crisp. Allow to cool before eating. Stick one toothpick into each corn dog popper to serve.

whisk+blend+eat

Time to make the honey mustard sauce! In a medium-mixing bowl, add **equal parts honey** and **dijon mustard** together – Add more or less honey to taste. Have kids whisk the sauce together. Set to the side. Get out your blender to make the smoothies. Add **2 ripe bananas**, **1 cup frozen blackberries** and **2 cups vanilla soy milk** blend until smooth. Serve the corn dog poppers (with the toothpicks!), honey mustard sauce on the side and the blackberry smoothies in little cups – **What a yummy summertime treat!**

corn fun facts:

Corn is a tall grass plant that has large ears with many seeds or kernels. These seeds grow in rows on the larger ears and although it is a grain the fresh corn kernels are considered a vegetable. Corn is grown as food for both people and animals. Corn is high in Vitamin B, Fiber, Vitamin C and thiamin.

What has ears but cannot hear? A field of corn!

What did corn Baby say to corn Mommy? Can I have a corn Doggie?



Sticky Fingers Culinary Specialty Camp

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