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Basic Salad Dressing

Yields about 1 3/4 cups

A creamy, smooth sandwich spread or base for dressings.

- 2 tablespoons cornstarch OR arrowroot powder
- 1 1/4 cups water
- 1/4 teaspoons ground mustard
- 1/16 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 to 1/2 teaspoon salt
- 1/16 teaspoon Stevia Extract Powder
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon mashed, steamed carrot (for color)
- 1/4 cup vegetable oil

Stir together cornstarch and water in a medium saucepan. Cook over medium heat, stirring, until thickened. Set aside to cool to room temperature.

Spoon dressing into a blender bowl and add mustard, garlic powder, onion powder, salt, stevia, lemon juice, and carrot. Process until smooth. With blender operating at medium speed, gradually add oil. Spoon into a jar, cover and refrigerate. Dressing thickens as it chills.

Use within a week.

Heart Warmin' Corn Muffins Yields 12 muffins

A moist, hearty bread with a jalapeno pepper 'kick'.

- 1 cup whole grain yellow cornmeal
- 1 cup whole wheat pastry flour
- 1/4 teaspoon Stevia Extract Powder OR 3/4 teaspoon Green Stevia Powder
- 2 teaspoons baking powder
- 1/4 teaspoons salt
- 2 eggs
- 1/2 cup natural applesauce
- 1/4 cup vegetable oil
- 3/4 cup shredded cheddar cheese or cheddar style soy cheese
- 2 tablespoons seeded, chopped jalapeno pepper
- 1 cup cream-style corn, fresh or canned

Oil the muffin cups.

Stir together the cornmeal, flour, stevia, baking powder, and salt. Use a large bowl to combine eggs, applesauce, and oil. Stir in dry ingredients and then add cheese, pepper, and corn. Stir just to combine. Divide batter among the muffin cups and bake in a preheated oven at 400 degrees for 15 to 17 minutes. Muffins should test done using a toothpick. Cool briefly, then remove from cups and serve.

Variations: Blue cornmeal can also be used in this recipe.

Tips: When using fresh corn, be sure to scrape the creamy part of the corn kernels from the cob. Also, wash hands after handling jalapeno pepper.