



## Corn & Chives Cakes

½ cup gluten free all-purpose flour	1 tsp. chili powder
½ cup fat-free milk	1 tsp. garlic powder
2 eggs	¼ tsp. ground pepper
2 Tbsp. canola oil	2 cups fresh corn (3 medium ears)
½ tsp. baking powder	¼ cup chives

### Directions

1. Wash hands with soap and water.
2. Combine flour, milk, eggs, 1 tablespoon canola oil, baking powder, pepper, chili powder, and garlic powder. Whisk until smooth.
3. Add corn and chives. Drizzle remaining canola oil into a skillet over medium heat.
4. Measure about ¼ cup of batter per cake-cooking two at a time. Flip once edges dry. Flip and cook other side until a golden brown. Serve hot and enjoy! **Yield:** 10 Servings

\*Note: Add smoked paprika or cayenne pepper or dip in salsa for a spicy kick.

**Nutrition Facts** (2 cakes per serving): *200 calories, 9 grams fat, 115 milligrams sodium, 25 grams carbohydrate, 2 grams fiber, 7 grams protein*