

Organic Annie's Corny Cakes



It's always a treat when the local corn is ready—we wait all year for it, but it's worth it! These cakes are a healthier version of corn fritters. They're moist, delicious and really easy to make. I've added chia seed for fiber and nutritional boost, as well as binding. You could substitute ground flaxseed.

Ingredients

2 ears cooked sweet corn (or about 2 cups of kernels)
1/4 c. sesame seeds (hulled/white)
2 Tbsp. **ground*** chia seeds

1/2 green or red sweet pepper, diced
1/4 c. green onion, chopped finely
1 Tbsp. dulse flakes, or 1/2 tsp. celtic salt (optional)
1/2 Tbsp. chili powder
2 eggs (add another for more binding, if needed)

Remove kernels by cutting close to the cob to include the germ (for the protein and vitamin E) and place in a large bowl. Sprinkle seeds on top and stir to allow them to moisten while you sauté the pepper in 1 Tbsp. olive oil. Add pepper and onion to the corn mixture, then sprinkle seasonings on top and mix well. Stir in eggs.

Set griddle to about 350° F. Lubricate *after* heating. Scoop mixture with a 1/4 c. measure (spray inside w oil for easy removal). Drop onto hot griddle and flatten slightly with your hand. Bake until golden on the bottom, flip and brown the other side. Yields 11 or 12 cakes.

Serve this savory version for dinner with salsa, guacamole, or just mashed avocado w lemon juice.

For a sweeter version, omit chili powder; add a teaspoon of cinnamon, coriander or spice of choice. Serve with yogurt, or butter and maple syrup, or honey.

Other substitutions: Replace pepper with 1/2 c. grated carrot; replace green onion with finely chopped parsley or cilantro. Replace sesame with sunflower seeds.

*Seeds grind easily in the blender, 1 cup at a time. Be sure that the blender container is dry.
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