

Terrific Franks

Posted on Oct 01, 2004 ~ Revised January 2022



Preheat oven to 400°. Line or spray muffin pan.

Cut healthy hot dogs into 2" chunks.

Make a batch of cornbread:

- 1½ cup corn flour
- ½ cup wheat, spelt or Kamut flour
- 1 tablespoon baking powder
- 1 egg
- 1 cup milk
- 3 tablespoon oil

Fill the muffin cups ½ full. Drop in a chunk of dog. Add more cornbread batter. Sprinkle on sesame seeds. Bake for 20 minutes.