



Corn Dog Muffins



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1/8th of recipe (1 muffin): 137 calories, 1g total fat (<0.5g sat fat), 660mg sodium, 25.5g carbs, 1g fiber, 3g sugars, 9g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 15 minutes **Cook:** 30 minutes

Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

2/3 cup all-purpose flour
1/2 cup yellow cornmeal
2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar), or *HG Alternative*
1 1/2 tsp. baking powder
1/4 tsp. salt
1 cup canned cream-style corn
1/2 cup egg whites (about 4 large eggs' worth)
1/4 cup fat-free plain Greek yogurt
7 extra-lean hot dogs (45 calories or less each, or *HG Alternative*)

Directions

Preheat oven to 375 degrees. Line 8 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

In a large bowl, mix flour, cornmeal, sweetener, baking powder, and salt.

In a medium bowl, thoroughly mix cream-style corn, egg whites, and yogurt. Transfer mixture to the large bowl, and stir well.

Chop 5 of the hot dogs, and stir into the contents of the large bowl. Evenly distribute batter among the 8 lined or sprayed cups.

Cut remaining 2 hot dogs into a total of 24 coins. Place 3 coins on top of each muffin cup.

Bake until a toothpick inserted into the center of a muffin comes out clean, 28 - 30 minutes.

MAKES 8 SERVINGS

HG Alternative: If you prefer to use sugar instead of no-calorie sweetener, you'll need twice as much. If made with 1/4 cup sugar, each serving of this recipe will have 162 calories, 29g carbs, and 9g sugars (**SmartPoints**® value 5*).

HG Alternative: If you prefer all-natural hot dogs, we recommend [Applegate Natural Uncured Hot Dogs](#) -- Turkey (50 calories, 3.5g fat), Chicken (60 calories, 3g fat), or Beef (70 calories, 6g fat). Just adjust the recipe stats accordingly.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.