



Hush Puppies

(Makes about 2 dozen)

- Beef tallow (I fry my hush puppies right after my fish is done)
 - 1 ½ cups sprouted corn flour
 - ¾ cup sprouted flour (your choice)
 - ½ teaspoon Celtic salt
 - 2 teaspoons aluminum-free baking powder
 - ¾ cup diced sweet onion
 - 1 ½ tablespoons maple sugar (or sweetener of choice)
 - 1 large egg, lightly beaten
 - 1 ¼ cups whole buttermilk
1. Heat beef tallow (once fish is finished) to 375 degrees. Combine corn flour and next 5 ingredients. Add egg and buttermilk; stir just until moistened. If too dry add buttermilk one tablespoon at a time until all ingredients are moistened. Let stand 10 minutes.
 2. Drop batter by rounded tablespoons into hot tallow (in small batches) and fry for 2-3 minutes on each side or until golden.
 3. Tasty Variations:
 - A. Increase onion to 1 ½ cups and add about 8 oz. crisp crumbled bacon to batter.
 - B. Add ½ cup chopped green pepper to batter.
 - C. Add ½ cup well drained chopped pineapple and a chopped jalapeno to batter.
 - D. Add 1 cup organic fresh corn kernels and 1 cup chopped green olives to batter.
 - E. The possibilities are endless and delicious!