

Choco Fever Dream

Southern Style Honey Butter Cornbread Poppers

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Southern** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup stone-ground cornmeal
- [ ] 1 cup all-purpose flour
- [ ] 2 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp salt
- [ ] 1/4 cup sugar
- [ ] 1 cup buttermilk
- [ ] 2 large eggs
- [ ] 1/4 cup melted butter
- [ ] 2 tbsp honey
- [ ] 1 tbsp lemon juice

Honey Butter Glaze

- [ ] 3 tbsp butter, melted
- [ ] 2 tbsp honey
- [ ] Pinch of sea salt

Instructions

1. Preheat the oven to 400°F (200°C) and lightly grease a muffin pan.
2. In a bowl, whisk together cornmeal, flour, baking powder, baking soda, salt, and sugar.
3. In another bowl, combine buttermilk, eggs, melted butter, honey, and lemon juice; whisk until smooth.
4. Pour the wet mixture into the dry ingredients, stirring just until combined—don’t overmix.
5. Spoon batter into the prepared muffin cups, filling each about three-quarters full.
6. Bake for 15-18 minutes, until tops are golden and a toothpick comes out clean.
7. While the poppers bake, whisk melted butter with honey and sea salt for the glaze.
8. Remove from oven, brush each popper generously with the honey-butter glaze, and let cool slightly before serving.

Nutrition per serving

210 kcal	4 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a crisper crust, increase the oven temperature to 425°F for the last 3 minutes.
- These poppers freeze well; reheat in a 350°F oven for 8-10 minutes.
- Add a dash of cinnamon to the batter for a warm, spicy hint.