

Prep Time: 15 minutes | Cook Time: 12–14 minutes | Total Time: ~30 minutes

Difficulty: Easy | Intensity Level: Low–Moderate

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Why You'll Love This Recipe

Cornbread is a Southern staple, but traditional skillet cornbread can be dense and crumbly. These Honey Butter Cornbread Poppers solve that problem in two ways: they're baked in a mini muffin tin for perfectly portioned bites, and they're finished with a glossy honey butter glaze that seeps into every crevice. The result is a popper that's moist, slightly sweet, and

utterly addictive.

They work as a side dish for chili, barbecue, or fried chicken — but they're just as comfortable on a brunch table or served as a snack. Kids love them because they're handheld. Adults love them because they're gone in two bites.

Ingredients

For the Cornbread Poppers

- 1 cup all-purpose flour
- 1 cup fine yellow cornmeal
- $\frac{2}{3}$ cup granulated sugar
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine salt
- 1 cup buttermilk, room temperature
- 2 large eggs, room temperature

- ½ cup (1 stick) unsalted butter, melted and slightly cooled
- ¼ cup honey
- 1 teaspoon vanilla extract

For the Honey Butter Glaze

- 3 tablespoons unsalted butter, melted
 - 2 tablespoons honey
 - ¼ teaspoon flaky sea salt (optional, for finishing)
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Equipment

- Mini muffin tin (24-cup capacity)
- Paper mini muffin liners or nonstick baking spray
- Two medium mixing bowls

- Whisk
 - Rubber spatula
 - Small saucepan or microwave-safe bowl (for glaze)
 - Pastry brush
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Instructions

Step 1: Prepare (5 minutes | Intensity: Low)

Preheat your oven to 375°F (190°C). Position a rack in the center of the oven.

Grease a 24-cup mini muffin tin generously with nonstick spray, or line it with paper liners. If using paper liners, give them a light spritz of spray too — cornbread tends to stick.

Pro tip: If your muffin tin is dark metal, reduce the oven temperature to 350°F to prevent the bottoms from over-browning.

Step 2: Whisk the Dry Ingredients (2 minutes | Intensity: Low)

In a large mixing bowl, whisk together the flour, cornmeal, sugar, baking powder, baking soda, and salt. Break up any lumps in the cornmeal with your fingers or the back of a spoon. Set aside.

Step 3: Combine the Wet Ingredients (3 minutes | Intensity: Low)

In a second bowl, whisk together the buttermilk, eggs, melted butter, honey, and vanilla extract until smooth and fully emulsified. The mixture should look glossy and uniform — no streaks of egg or pools of butter.

Important: Make sure your melted butter has cooled for a few minutes. If it's piping hot, it will scramble the eggs.

Step 4: Bring the Batter Together (2 minutes | Intensity: Low-Moderate)

Pour the wet ingredients into the dry ingredients. Using a rubber spatula, fold gently until just combined. Stop as soon as you see no dry streaks of flour.

Do not overmix. Overmixing develops gluten, which makes cornbread tough instead of tender. A few small lumps are perfectly fine. The batter will be thick but pourable — similar to pancake batter.

Let the batter rest for 5 minutes while the oven finishes preheating. This allows the cornmeal to hydrate, resulting in a softer crumb.

Step 5: Fill and Bake (12-14 minutes | Intensity: Moderate)

Divide the batter evenly among the 24 mini muffin cups, filling each about $\frac{3}{4}$ full. A cookie scoop or small measuring spoon makes this quick and tidy.

Bake for 12-14 minutes, rotating the pan halfway through, until the tops are golden brown and a toothpick inserted into the center of a popper comes out clean.

Visual cue: The edges should look slightly darker and pull away from the sides of the pan.

Timing note: Mini muffins bake fast. Start checking at 11 minutes. Overbaking by even two minutes will dry them out.

Step 6: Make the Honey Butter Glaze (3 minutes | Intensity: Low)

While the poppers bake, melt the butter in a small saucepan over low heat or in a microwave-safe bowl in 20-second bursts. Stir in the honey until fully combined. Keep warm.

Step 7: Glaze and Finish (5 minutes | Intensity: Low)

Remove the pan from the oven and let the poppers cool in the tin for 3 minutes. Then, while they're still warm, brush each popper generously with the honey butter glaze. Use a pastry brush and don't be shy — a good coat is what makes these shine.

If desired, sprinkle a tiny pinch of flaky sea salt over the tops for a sweet-salty contrast.

Step 8: Serve (Immediate | Intensity: None — just enjoy!)

Transfer the poppers to a serving platter and serve warm. They're best within 30 minutes of baking, when the glaze is still glossy and the centers are at peak moisture.

Storage and Reheating

- Room temperature: Store in an airtight container for up to 2 days.
- Refrigerator: Up to 5 days.

- Freezer: Freeze unglazed poppers in a zip-top bag for up to 2 months. Thaw at room temperature, then warm and glaze before serving.
 - Reheating: Warm in a 300°F oven for 5 minutes, or microwave in 10-second bursts. Brush with additional honey butter after reheating.
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Variations

- Jalapeño Cheddar: Fold $\frac{1}{2}$ cup shredded cheddar and 1 diced jalapeño (seeds removed) into the batter.
 - Blueberry Honey: Gently fold $\frac{3}{4}$ cup fresh blueberries into the batter at the end.
 - Brown Butter: Brown the butter for the batter and the glaze for a deeper, nuttier flavor.
 - Vegan Option: Swap buttermilk for plant-based milk + 1 tablespoon lemon juice, eggs for flax eggs, and butter for vegan butter.
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Nutrition Information

Per popper (based on 24 servings, including glaze). Values are estimates and will vary based on exact ingredients and brands used.

Nutrient		Amount
Calories		128 kcal
Total Fat		5.8 g
— Saturated Fat		3.4 g
— Trans Fat		0 g
Cholesterol		27 mg
Sodium		118 mg
Total Carbohydrates		17.4 g
— Dietary Fiber		0.6 g
— Total Sugars		8.6 g
Protein		1.9 g
Vitamin D		0.2 mcg
Calcium		32 mg
Iron		0.5 mg
Potassium		48 mg