

Ma's Cornbread

Delicious on its own or paired with a tasty Chili.

Categories

Gluten-free

Yields: 12 servings

Preparation time: 5 mins

Cooking time: 25 mins

Category: Snacks and breads

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Organic whole grain corn flour	4 x 0.25 cup
Gluten free all-purpose flour	1 cup
Baking powder	1 tablespoon
Sugar, white granulated	0.25 cup
Salt, sea salt	1 teaspoon
Soy milk, chocolate, unsweetened, ready-to-drink	1 cup
Vegetable shortening, soybean/sunflower/palm	0.25 cup
Vegan egg	3 x 2 tbsp

Instructions

Please note that both the sugar and the honey in this recipe are not 100% vegan, however, some vegans still do consume these things in their diet and that is okay, no room for judgement here. You can use alternatives such as any crystalized natural sugar in place of the sugar and honey listed in this recipe (i.e. coconut / palm sugar, sucanat, maple sugar, date sugar, agave, etc).

For the milk, please use unsweetened nut milk for this recipe and you may choose whichever works best for you. This recipe calls for soy but feel free to use unsweetened coconut milk, almond milk, or oat milk.

For the vegan eggs, please follow the directions on the box to create the eggs. It will need to equal three regular eggs.

Directions

1. Preheat oven to 400 degrees.
2. Prepare muffin pan with liners or use a pan with non-stick spray if necessary.
3. Combine all ingredients in your stand mixer fitted with the whip attachment or in a bowl and beat all together for 2 minutes.
4. Pour the mixture into prepared muffin cups or a square cake/bread pan.
5. Bake at 400 degrees for approx. 15-20 minutes for muffins and 25-30 minutes for cake/bread pan, or until the top is a dark golden brown and a toothpick comes out clean. I use my Digital Pen Thermometer to test the temperature of my gluten free breads and pull them out of the oven once they hit an internal temp of 200 degrees.

Storage

1. Although it can be left out overnight, it's best to store leftovers in the fridge to avoid spoilage.

Cornbread Stuffing Directions

1. To make Gluten Free Cornbread Stuffing, cut up the Cornbread into small cubes and place on a cookie sheet in your oven at 200 degrees until the bread is completely dry (like croutons). Or, you can use your dehydrator to dry the bread. Use 1 for 1 in your favorite stuffing recipe!