

CORNBREAD – GLUTEN FREE & PLANT BASED

An introduction to plant-based baking

Yield: 10 - 12 servings

GATHER EQUIPMENT:

- Cast iron pan or 8x8 baking or cake pan
- Parchment paper
- 2 medium bowls
- 1 small bowl
- 1 silicone spatula
- Measuring spoons, cups (dry and wet)
- 1 whisk
- Oven
- Oven mitts
- Toothpick

PREP IT!

1 tablespoon	Flax meal
3 tablespoons	Water
1¾ cups	Cornmeal
¾ cup	Sugar, granulated (can substitute with a 1:1 equivalent low-calorie sweetener like Swerve)
1 teaspoon	Salt
¾ teaspoon	Baking powder
¼ teaspoon	Baking soda
1 tablespoon	Sorghum syrup (or Maple syrup, or Agave)
2/3 cup	Oat milk (or favorite non-dairy alternative)
1/3 cup	Oil, vegetable
¼ cup	Vegan butter, melted
1½ teaspoons	White vinegar

MAKE IT!

1. Preheat oven to 350°F. Prepare your cast iron pan or 8x8 baking or cake pan by lining them with parchment paper and lightly greasing with oil or spraying with non-stick pan spray.
2. In a small cup or bowl, stir together flax meal and water. Set aside to thicken. This will provide the same binding functionality you would get if you were to add 1 egg which is what the non-plant-based version of this recipe calls for.
3. Mix cornmeal, sugar, salt, baking powder, baking soda in a bowl, and set aside.
4. Mix sorghum syrup or substitute, oat milk or alternative, oil, and melted vegan butter.
5. Whisk flax meal mixture into the wet mixture.
6. Whisk dry mixture into wet mixture until everything is incorporated. Batter will be thin.
7. Add vinegar and whisk. This will provide some of the aeration and leavening (rise) functionality you would be getting from the egg white in the 1 egg the non-plant-based version of this recipe calls for. Immediately pour batter into prepared pan and bake at 350F degrees for 40-50 minutes.
8. Check it after 30 minutes. You'll know it's done when you stick a toothpick in the cornbread, and it comes out clean.
9. Cool cornbread for at least 20 minutes before cutting.
10. Serve alongside your favorite dishes and Enjoy!

Tips: Cornbread batter will be thin. Line pan with parchment paper. This is imperative for easy removal of this super crumbly cornbread from the pan.

Storage: In an airtight container for up to 2 days

GROCERY LIST

Dry Goods

- 1 small bottle White vinegar
- 1 tablespoon Sorghum syrup (or Maple syrup, or Agave)
- 1 small bag Flax meal (or flax seeds - you can grind at home)

Dairy Aisle

- 8 ounces Vegan butter
- 2/3 cup Oat milk (or favorite non-dairy alternative)

Spice/Oils/Baking

- 1 small bottle Oil, vegetable
- 1 small jar Salt
- 1 small canister Baking powder
- 1 small carton Baking soda
- 1 small bag Sugar, granulated (can substitute with a 1:1 equivalent low-calorie sweetener like Swerve)
- 1¾ cups Cornmeal

HEALTHY & FLAVORFUL BUDGET FRIENDLY TIDBITS

- When converting recipes to plant based, try to think about the role the ingredients you want to replace are playing in your finished dish or baked good. That will help you decide what to replace those ingredients with.
- A great way to make indulgent recipes a bit healthier is to substitute some of the ingredients for lower calorie alternatives as well as adding more vegetables than the recipe calls for.
- Also, pairing portion controlled rich foods with lower calorie healthier foods is a great way to enjoy your favorite foods in moderation.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed. Different colored foods indicate different nutrients that are naturally occurring and good for your body.
- For most recipes, try to choose foods that are naturally vegan like vegetables, whole grains, fruits, and legumes rather than expensive meat alternatives.
- Having a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes. 😊
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Happy cooking folks! 😊