

Cornbread

About the Recipe

156 Calories · 2 g Protein · 1 g Fiber

Side Dish

Ingredients

Makes 16 Servings

- 1 1/2 cups (210 g) stone-ground yellow cornmeal
- 1 cup (125 g) gluten-free 1-to-1 baking flour
- 6 tablespoons (78 g) organic cane sugar
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 2 cups (475 mL) plain unsweetened oat milk
- 1/3 cup (79 mL) canola oil
- 1 tablespoon (15 mL) apple cider vinegar

Directions

1. Preheat the oven to 375 F. Lightly grease an 8-by-8-inch baking dish with canola oil.
2. Add the cornmeal, flour, sugar, salt, and baking soda to a large bowl and whisk to combine. Add the milk, canola oil, and apple cider vinegar. Whisk until everything is incorporated. Transfer to the prepared baking dish.
3. Bake for 32-34 minutes or until the edges start to brown and the top starts to crack slightly. Insert a toothpick or butter knife into the middle; when it comes out clean, the cornbread is baked through. Remove from the oven and let cool completely. Cut into 16 pieces.

Nutrition Facts

Per serving:

Calories: 156

Fat: 5 g

Saturated Fat: 0.1 g

% Calories From Fat: 29%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 25 g

Sugar: 5 g

Fiber: 1 g

Sodium: 240 mg

Calcium: 39 mg

Iron: 1 mg

Vitamin C: 0 mg

Beta-Carotene: 14 mcg

Vitamin E: 1 mg