
VEGAN CORNBREAD

INGREDIENTS:

- 1½ cups cornmeal
- ½ cup whole wheat flour
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 2 teaspoons baking powder
- 1 cup vegan buttermilk*
- 6 tablespoons aquafaba or 2 fleggs**
- 1 stick plant butter, melted and divided into 1 tablespoon and 7 tablespoons



DIRECTIONS:

Preheat the oven to 400°F. Place a cast-iron skillet in the oven to heat while you make the corn-bread batter. Using a whisk or a fork, mix all the dry ingredients in a large bowl. Then whisk in the vegan buttermilk, aquafaba, and 7 of the 8 tablespoons of melted butter. Decrease the oven temperature to 375°F. Use an oven mitt to remove the skillet from the oven. Coat the skillet pan with the remaining tablespoon of melted butter. Add the batter to the skillet and bake 20-25 minutes until the surface is golden brown and crusty or firm to the touch. Serve warm with butter and jelly or maple syrup.

* Notes: If you do not have buttermilk, add 1 teaspoon of vinegar to 1 cup of plant milk and mix well. Let sit for 10 minutes until curdled.

** To make 2 flax eggs, combine 2 tablespoons of ground flaxseed with 6 tablespoons of water and whisk together. Refrigerate for 10 minutes and add to recipe.

Makes 6-8 servings.