

Cornbread



This cornbread pairs well with chili and many other savory dishes; it is also great with with jam, honey your choice of butter along with your morning coffee or tea. Cooks perfectly in a pie plate but if you have a small cast iron skillet that would work great as well.

Ingredients:

- 1 cup yellow cornmeal
- 1 cup flour
- ¼ cup sugar (could substitute honey or maple syrup)
- 4 teaspoon baking powder
- ½ teaspoon salt
- 1 cup plant-based milk (you could use regular)
- 1 large egg (or egg substitute or chia seeds/water)
- ¼ cup canola or other vegetable oil

Instructions:

Preheat oven to 425 degrees and grease a 9-inch pie plate.

In a large bowl mix together all of the dry ingredients combining well.

In a separate smaller bowl whisk together egg, milk and oil.

Pour the wet ingredients over the dry mixing by hand until all of the ingredients are just combined. It is ok if there are some lumps, avoid over mixing.

Pour batter into prepared pie plate and bake about 20 minutes until the top is golden brown.