

VEGAN GLUTEN FREE CORNBREAD

2 Tbsp. ground flax seed
6 Tbsp. water
1 C Gluten Free Baking flour
1 C cornmeal
1/4 C maple syrup
4 tsp. baking powder
1 teaspoon apple cider vinegar
1/4 tsp. table salt
1 C hemp milk
1/4 C olive oil

Small batch:
2 Tsp. ground flax seed
2 Tbsp. water
4tbs Gluten Free Baking flour
4 tbs cornmeal
4 tbsC maple syrup
1 tsp. baking powder
¼ teaspoon apple cider vinegar
pinch sea salt
4 tbs hemp milk
2tsp olive oil

1. Adjust oven rack to middle position; heat oven to 425 degrees. Spray 8-inch-square baking dish with nonstick cooking spray.
2. Bring the water to a boil in a small saucepan. Add the ground flax seed, reduce the heat to medium-low, and simmer the ground flax seed in the water for 3 minutes or until thickened, stirring occasionally. Set aside.
3. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined.
4. Add the ground flax seed mixture, soy milk, and canola oil to the flour mixture. Beat just until smooth (do not overbeat.)
5. Turn into prepared baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean.
6. Cool on wire rack 10 minutes; invert cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer. Cut into pieces and serve.