

CRANBERRY-PECAN APPLE MILLET CORNBREAD – GLUTEN-FREE & PLANT-BASED



TIME REQUIRED

35-40. mins

SERVING

6-8

STEPS

- Preheat oven to 375°F.
- Line an 8x8 pan with parchment.
- Mix flaxseed with water and let gel for 5 minutes.
- Combine dry ingredients: chickpea flour, oat flour, baking powder, salt, and cinnamon.
- Blend the apple until smooth and mix with milk, flax gel, and maple syrup.
- Stir the wet ingredients into the dry until smooth.
- Fold in cranberries and pecans.
- Pour batter into prepared pan and bake 25–30 minutes, until golden and a toothpick comes out clean.
- Cool slightly before slicing.

INGREDIENTS

- 1 cup cooked millet
- ½ cup chickpea flour
- ¼ cup oat flour
- 1½ tsp baking powder (aluminum-free)
- ¼ tsp sea salt
- 1 cup unsweetened almond or oat milk
- 1 tbsp maple syrup (optional)
- 1 tbsp ground flaxseed + 2½ tbsp water (egg replacer)
- 1 medium apple, cored and blended until smooth
- ¼ cup dried unsweetened cranberries
- ¼ cup chopped toasted pecans
- ½ tsp cinnamon (optional)

PS

This cornbread is golden, tender, and lightly sweet. The apple keeps it moist, cranberries add festive tartness, and pecans give holiday crunch – all while staying low-glycemic and plant-based. Perfect for a cozy, nourishing table.

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CAST IRON SKILLET TIPS

SKILLET SIZE:

- Use an 8-inch or 9-inch cast iron skillet. Slightly larger may make it thinner, slightly smaller may make it thicker (adjust baking time if thicker).

PREPARE THE SKILLET:

- Lightly grease the skillet with coconut oil (optional) or line with parchment for easy release.

BAKING ADJUSTMENTS:

- Bake at 375°F as in the recipe.
- Check doneness at 25 minutes: the edges should be golden, a toothpick inserted near the center should come out clean.
- If thicker, you may need 2–3 extra minutes.

SERVING TIP:

- Let it cool 5–10 minutes in the skillet. Slice directly in the skillet for a rustic presentation.
- **Optional:** sprinkle extra toasted pecans or cranberries on top after baking for holiday flair.

PS

Baking in cast iron gives a lovely crust while keeping the center tender and moist. It feels homey, festive, and just like a holiday bake straight from grandma's kitchen – but plant-based and blood sugar friendly!