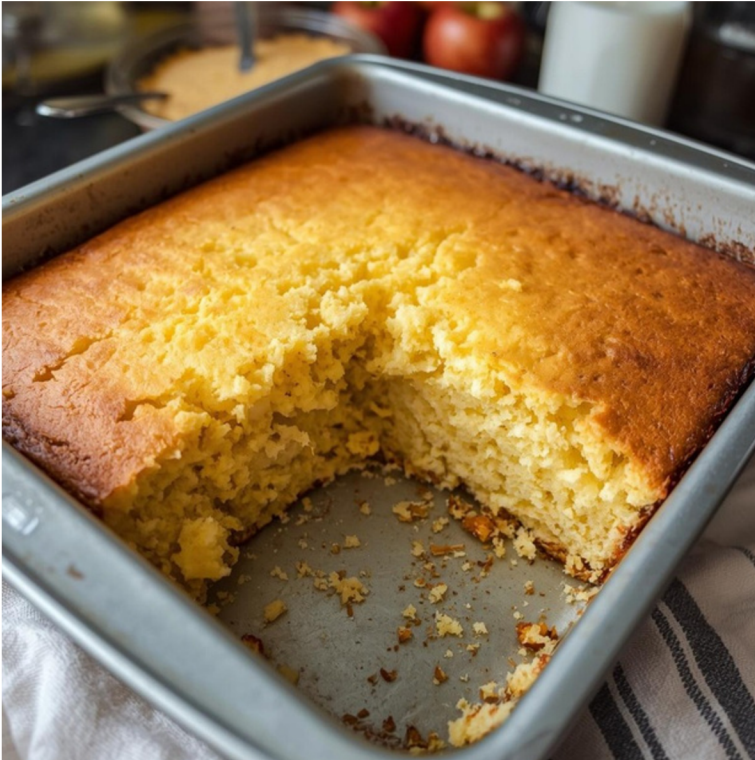


PLAIN CORNBREAD (GLUTEN-FREE)



TIME REQUIRED

35-40 minutes

SERVING

4-6

STEPS

- Preheat oven to 375°F and lightly grease an 8x8-inch pan or line with parchment.
- In a small bowl, mix non-dairy milk with apple cider vinegar; let sit 5 minutes.
- In a large bowl, combine cornmeal, gluten-free flour, baking powder, baking soda, and salt.
- Stir in grated apple (or applesauce), milk mixture, and maple syrup. Add water gradually if batter is too thick.
- Pour into prepared pan and bake 25–30 minutes, or until a toothpick comes out clean. Cool slightly before slicing.

INGREDIENTS

- 1½ cups medium-grind cornmeal
- ⅔ cup gluten-free 1:1 flour blend (e.g., Bob's Red Mill)
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp fine sea salt
- 1¼ cups unsweetened non-dairy milk
- 1 tbsp apple cider vinegar
- 1 tbsp maple syrup (optional)
- 1 medium apple, cored and grated or ½ cup unsweetened applesauce
- Water as needed for consistency

PS

This Plain Cornbread is a staple made gluten-free and blood-sugar-friendly. Cornmeal provides gentle, slow-digesting carbohydrates, while a touch of apple or natural sweetener adds mild sweetness without causing spikes. Light, tender, and slightly crumbly, it pairs perfectly with soups, stews, or holiday mains. Comforting and nourishing, it's a simple way to enjoy classic cornbread with a health-conscious twist.