

SMOKEY GLUTEN-FREE CORNBREAD



TIME REQUIRED

40 mins

SERVING

6-8

STEPS

- Preheat oven to 400 degrees, and line an 8x8 inch baking pan with parchment paper instead of using oil.
- In a mixing bowl, whisk together the cornmeal, flour, baking powder, baking soda, and salt.
- In a high speed blender, combine apple, milk, vinegar, maple syrup or whisk together in a bowl (use apple sauce).
- Pour wet ingredients into dry, and stir to combine.
- Pour into prepared pan, and bake for 30 minutes, or until a toothpick inserted in the center comes out clean.
- Allow cornbread to cool in the pan for about 10 minutes, then transfer to a cooling rack for another 15 to 20 minutes before slicing into 16 squares.

INGREDIENTS

- 1 ⅓ c medium grind cornmeal
- ⅔ c flour GF 1:1 blend (Bob's Red Mill)
- 2 t baking powder
- 1 t baking soda
- 1 t salt
- 1 ¼ c non-dairy milk, unsweetened
- 1 T apple cider vinegar (I use Bragg's)
- 1 T maple syrup
- 1 t smoked paprika
- 1 medium apple, cored or ½ c apple sauce
- Water as needed for desired consistency

PS

This Cornbread is a nostalgic favorite made simple and nourishing. The cornmeal and gluten-free flour provide fiber to help steady blood sugar, while apple and a touch of maple syrup add gentle natural sweetness. Smoked paprika and apple cider vinegar enhance flavor and digestion, creating a moist, tender bread that's comforting, wholesome, and perfect for holiday tables – a healthy twist on a family classic.