

FLUFFY HOMEMADE CORNBREAD



Prep Time: 10 Minutes

Bake Time: 25 Minutes

Total Time: 35 Minutes

Makes 9 Servings

Ingredients:

- 1½ cup **Corn Meal**
- ¾ cup **Almond Flour**
- ¾ cup **Rolled Oats** or **Oat Flour**
- 6 Tbsp **Sugar**
- 2 tsp **Baking Powder**
- 1½ tsp **Salt**
- 1 cup **Almond Milk** (or milk of choice)
- ½ cup melted **Vegan Butter** or **Canola Oil**
- ½ cup **Aquafaba** (chickpea water, see notes)

Instructions:

1. **PREHEAT:** Preheat your oven to 425°F. Prepare a 8 x 8 in. baking pan by spraying down with oil, then dusting with almond flour or corn meal. Alternatively, this recipe can be made into individual muffins, fill a muffin tin with Reusable Nonstick Baking Cups and set aside.
2. **BLEND:** Place the corn meal, almond flour, and oats into the bowl of a food processor or blender and process until the oats are evenly ground. Transfer this mixture into a bowl and mix in the sugar, baking powder, salt, milk, and melted butter/oil until thoroughly combined.
3. **WHIP:** In a separate bowl, beat the aquafaba with electric beaters until it has roughly tripled in size and stiff peaks are formed. Scoop about 1/3 of the whipped aquafaba into the cornbread mixture and mix in. Gently pour the remaining whipped aquafaba into the mixture and fold it in gently so that the two just combine, being careful to keep most of the bubbles intact.
4. **BAKE:** Gently transfer the cornbread mixture to the prepared baking dish, and bake for 25 minutes (15 minutes for muffins). Check the cornbread by poking the middle gently with a finger, it should feel springy and cakelike, bouncing back when touched. If it feels squishy or liquidy under the crust, continue baking for another 2-5 minutes.
5. **ENJOY:** Allow the cornbread to cool slightly in the pan on top of a wire rack for 15-20 minutes before cutting and serving. Best when eaten warm, top with some vegan (or regular) honey, butter, or maple syrup, or serve alongside some 3 Bean Chili. Cover leftovers with a Reusable Silicone Lid and store at room temperature for up to 5 days.

Notes:

- **What is Aquafaba?** – Aquafaba is simply the liquid found in a can of chickpeas, and is an amazing staple in vegan cooking that easily replaces eggs. Don't worry, it doesn't taste like beans at all, and gives this recipe a great airy texture while holding all of the ingredients together.
- **Sweet vs Savory** – There's a great divide with cornbread as to how it should taste, whether it's more sweet and cake-like or savory to pair with a meal. This recipe is a great middle ground between the two, and can easily please people on both sides of the argument.