

Gluten-Free Cornbread

Servings: 8

Cook time: 25 minutes

Prep time: 10 minutes

Ingredients:

- 1 1/4 cups white cornmeal
- 1/2 cup gluten-free all-purpose flour
- 1/4 cup maple syrup
- 1 tablespoon baking powder
- 1 cup your choice of milk
- 1/4 cup melted butter or ghee
- 1 egg
- 1 (14.75 ounce) can cream-style corn

Directions:

Step 1

Preheat oven to 400°F (200°C). Grease an 8-inch square pan.

Step 2

Combine dry ingredients: In a bowl, whisk together cornmeal, gluten-free flour, sugar, and baking powder.

Step 3

Combine wet ingredients: In a separate bowl, whisk together milk, melted butter, and egg.

Step 4

Combine wet and dry: Stir the wet ingredients into the dry ingredients just until combined. Some lumps are okay.

Step 5

Add corn: Fold in the can of cream-style corn.

Step 6

Bake: Pour batter into the prepared pan and smooth out the top. Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

Tips and Variations

- **Spice it up:** Add a pinch of red pepper flakes or a dash of cayenne pepper to the batter for some heat.
- **Add-ins:** Stir in chopped jalapeños, diced onions, or chopped bell peppers for extra flavor.
- **Make it sweeter:** Increase the sugar to 1/3 cup for a sweeter cornbread.
- **Dairy-free:** Substitute dairy-free milk and use melted vegan butter or oil.