

Vegan Cornbread



By Vino Girl on April 09, 2005



Prep Time: 25 mins **Total Time:** 50 mins **Servings:** 9

About This Recipe

"I got this recipe in my email today from Cooks Illustrated. It is a blue-ribbon winner developed by 11 year old Dana Sly."

Ingredients

- 2 tablespoons ground flax seeds
- 6 tablespoons water
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/4 cup sugar
- 4 teaspoons baking powder
- 3/4 teaspoon table salt
- 1 cup soymilk
- 1/4 cup canola oil

Directions

1. Preheat oven to 425°F
2. Spray 8-inch-square baking dish with nonstick cooking spray.
3. Bring the water to a boil in a small saucepan.
4. Add the ground flax seed, reduce the heat to medium-low, and simmer the ground flax seed in the water for 3 minutes or until thickened, stirring occasionally.
5. Set aside.
6. In a medium bowl, whisk together the flour, cornmeal, sugar, baking powder, and salt until well-combined.
7. Add the ground flax seed mixture, soy milk, and canola oil to the flour mixture.
8. Beat just until smooth (do not overbeat.)
9. Turn into prepared baking pan. Bake for 20 to 25 minutes, or until a toothpick inserted in the middle comes out clean.
10. Cool on wire rack 10 minutes; invert cornbread onto wire rack, then turn right side up and continue to cool until warm, about 10 minutes longer.

Vegan Cornbread (cont.)

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Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (79 g)		Total Fat 7.8g	12%
Servings Per Recipe: 9		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 198.5		Sugars 6.7 g	15%
Calories from Fat 70	35%	Sodium 374.5mg	9%
		Total Carbohydrate 29.2g	7%
		Dietary Fiber 1.9g	27%
		Sugars 6.7 g	7%
		Protein 3.7g	

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