

Corn Bread

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Serves: 18 Servings

Ingredients

3½ T ground flax seed

½ C + 2½ T water

1¾ C flour (I use ½ white flour and ½ whole wheat flour)

1¾ C cornmeal

1/3 C + 1 T sugar

2 T + 1 t baking powder

1¼ t salt

1¾ C plant milk

1/3 C + 1 T canola oil

Preparation

Step 1 Preheat the oven to 425 degrees while mixing the ingredients

Step 2 Add the flax seed after bringing the water to a boil

Step 3 Reduce heat to med-low for 3 minutes while stirring

Step 4 Remove from heat and let sit for 5 minutes

Step 5 Combine the dry ingredients, milk, oil, and the flax seed mixture and beat until smooth

Step 6 Bake in 425 degree oven in a greased 9 x 13 pan for 30 minutes. (Toothpick in center should come out clean when done)