



# VEGAN CORNBREAD

SERVES 9 SLICES

@KICKCRAMPSASS

## INGREDIENTS

- 1 1/2 CUPS NON-DAIRY MILK (WE USE PLANET OAT EXTRA CREAMY OAT MILK OR HEMP)
- 5 TABLESPOONS VEGAN BUTTER, MELTED (WE USE EARTH BALANCE)
- 1 CUP BROWN FLOUR (OAT, QUINOA BROWN RICE)
- 1 1/4 CUP CORNMEAL
- 1 TABLESPOON BAKING POWDER
- 1 TEASPOON PURE VANILLA EXTRACT
- 1 CUP RAW CANE SUGAR
- 1/4 CUP OF DATE SYRUP (OPTIONAL)

## NUTRITION FACTS

- CALORIES: 316
- TOTAL FAT: 15.19G
- SATURATED FAT: 11.28G
- SODIUM: 78MG
- POTASSIUM: 339MG
- TOTAL CARBOHYDRATES: 44.55G
- DIETARY FIBER: 1.7G
- SUGARS: 19.18G
- PROTEIN: 3.65G
- VITAMIN A: 199IU
- MAGNESIUM: 46MG
- PHOSPHOROUS: 211MG
- VITAMIN C: 0.4MG
- CALCIUM: 88MG
- IRON: 3.52MG
- VITAMIN K: 0.7UG
- ZINC: 0.69MG
- VITAMIN E: 0.31MG

## PROCEDURE

**01** PREHEAT YOUR OVEN TO 400F AND LIGHTLY GREASE A 8" X 8" PAN WITH VEGAN BUTTER OR SET UP MUFFIN CUPS IN A PAN

**02** IN A LARGE BOWL, ADD EVERYTHING TOGETHER. WHISK UNTIL COMBINED. POUR INTO THE GREASED PAN OR MUFFIN CUPS AND SPREAD EVENLY WITH A SPATULA OR A SLIGHT SHAKE.

**03** BAKE 20 - 25 MINUTES UNTIL A TOOTHPICK INSERTED INTO THE CENTER COMES OUT CLEAN. LET COOL FOR AT LEAST 15 MINUTES BEFORE SLICING.