



Gluten-Free Cornbread

(Gluten-free, Nut-free; Easily Dairy-Free, and Egg-Free)

Ingredients:

- 1 cup cornmeal (I use [Arrowhead Mill's Organic Yellow Cornmeal](#))
- 3/4 cup white rice flour
- 1/4 cup sorghum flour
- 1 tsp xanthan gum
- 1/2 tsp baking soda
- 2 tsp baking powder
- 1 tsp salt
- 3 Tbsp granulated sugar
- 2 eggs, lightly beaten (For Egg-Free: mix together 3 Tbsp unsweetened applesauce and 1 tsp baking powder)
- 3/4 cup plain yogurt (For Dairy-Free: use dairy-free yogurt alternative)
- 1/4 cup plain milk (For Dairy-Free: use plain rice, oat, soy, or hemp milk)
- 4 Tbsp butter, melted (For Dairy Free: use organic canola oil, OR Earth Balance Vegan Buttery Sticks, melted instead)
- Optional Addition for Muffins to serve with the meal*
- 1/2 Tbsp *finely* chopped rosemary
- 1/2 cup fresh corn kernels (or frozen and thawed)
- 1/2 cup shredded cheddar cheese (totally optional if avoiding Dairy)
- 1/4 tsp onion powder

Directions:

1. Preheat your oven to 375 degrees F.
2. Lightly grease an 8 x 8 inch pan (or for the muffins, line 12 muffin cups or lightly grease)
3. In large bowl, whisk together cornmeal, rice flour, sorghum flour, xanthan gum, baking soda, baking powder, salt, and sugar.
4. In a separate large mixing bowl, combine the eggs (or egg replacement) with the melted butter (or dairy-free replacement) and beat for 1 minute. Add in yogurt and milk (or dairy-free replacements).
5. Add in the dry ingredients a little at a time and gently mix, just until well incorporated, about one minute. It should be relatively thick.
6. If you choose, at this point gently stir in (by hand) the rosemary, corn, cheddar cheese (optional), and onion.
7. Pour batter into prepared pan or spoon the batter into the muffin cups (if making muffins).
8. Bake in the center of a pre-heated oven for 23-25 minutes if making pan or about 20 minutes for the muffins. Should feel firm to the touch; and a wooden toothpick inserted into the center should come out clean.
9. Cool on wire rack.