



Cornbread

INGREDIENTS

- 1 cup cornmeal**
- 1 cup masa flour**
- 2 teaspoons baking powder**
- 1 1/4 cups soy milk**
- 1 cup frozen corn kernels, thawed**
- 1/2 cup apple sauce**
- 1 jalapeño or mild pepper, seeded and diced**

METHOD

Preheat the oven to 400°F.

Add the cornmeal, masa flour, and baking powder to a mixing bowl and whisk together.

Add the soy milk, corn kernels, apple sauce, and jalapeño to another bowl and stir.

Pour the wet bowl into the dry bowl and stir until well-combined.

Pour the finished mixture into a glass baking dish and bake for about 30 minutes. The baking time will vary depending on the size of your dish. A loaf pan will take longer than a larger glass dish, which will take longer than a muffin tin. Experiment to find your favorite size.

Enjoy on its own or with chili!

TIP

Line your dish with parchment paper to keep from sticking.