

Fiesta Corn Bread – Vegan

Prep Time: 10 minutes
Cook Time: 35 minutes
Total Time: 45 minutes

Serving Size: 9
Calories per serving: 181
Fat per serving: 1 gram

'The China Study Cookbook', by Leanne Campbell, PHD, p-44.

Ingredients

- 1 cup cornmeal
- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 teaspoon tarragon
- 3/4 cup corn, fresh off the cob or thawed
- 1/3 cup unsweetened applesauce
- 2 tablespoons maple syrup
- 1 egg replacer (1 tablespoon ground flaxseed meal with 3 tablespoon water)
- 1 1/3 cups soy milk

Instructions

1. Preheat oven to 350° F.
2. Place the cornmeal, flour, baking powder, baking soda, salt, and tarragon in a large bowl and mix well. Add the corn, applesauce, and maple syrup to the dry ingredients and mix. Add egg replacer and milk, and stir until everything is well mixed.
3. Pour into a 9x9 nonstick baking dish. Bake for 35 minutes or until the top is firm and a knife inserted in the center comes out clean. Cool before serving.

Notes

Nutrition facts (per serving): Calories: 181, from fat: 8, total fat: 1g, cholesterol: 0mg, sodium: 336mg, total carbohydrate: 37g, fiber: 2g, sugar: 5g, protein: 4g.