

Corn Bread

Source: Adapted from: https://whatscooking.fns.usda.gov/sites/default/files/factsheet/HHFS_CORNMEAL_DEGERMED_ENRICHED_GRAIN_100471Oct2012.pdf

Ingredients:

- Nonstick cooking spray
- 1 ¼ cups gluten-free flour, almond flour is a great choice
- 1 cup cornmeal
- ⅓ cup sugar
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1 egg
- ¼ cup avocado oil, or preferred oil
- 1 cup low-fat milk, or nut milk
- 1 can (about 15 ounces) low-sodium corn, drained

Directions:

1. Preheat oven to 400 degrees F. Coat a 9x9-inch baking dish with nonstick cooking spray.
2. In a large bowl, combine gluten-free flour, cornmeal, sugar, baking powder, salt, egg, avocado oil, milk, and corn and mix well. Pour into baking dish.
3. Bake 20 to 25 minutes or until top is browned and a toothpick or fork inserted into the center of the pan comes out clean.