

Vegan Corn Bread

Ingredients:

- 4 cups cornmeal
- 1 ³/₄ cup all purpose flour
- 3 ³/₄ tsp. baking powder
- 9 ¹/₂ tbsp. canola oil
- ¹/₄ cup maple syrup
- 4 cups soy milk
- 3 ³/₄ tsp. apple cider vinegar
- 1 tsp. salt



Nutrition Facts			
Serving Size 1/3 cup or 2.6oz (76g)			
Servings Per Container 26			
Amount Per Serving			
Calories	170	Calories from Fat 60	
% Daily Value*			
Total Fat	6g	9%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	190mg	8%	
Total Carbohydrate	24g	8%	
Dietary Fiber	3g	12%	
Sugars	3g		
Protein	3g		
Vitamin A	2%	Vitamin C	0%
Calcium	8%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate
			4 • Protein
			4

Directions:

1. Preheat oven to 350, line a 9x13 baking pan with parchment paper or spray the bottom lightly with non-stick cooking spray.
2. In a medium bowl, whisk together the soymilk and the vinegar and set aside.
3. In a large bowl, sift together the dry ingredients (cornmeal, flour, baking powder and salt).
4. Add the oil and maple syrup to the soymilk mixture. Whisk until it is foamy and bubbly, about 2 minutes.
5. Pour the wet ingredients into the dry and mix together using a large wooden spoon or a firm spatula.
6. Pour batter into the prepared baking pan and bake 30-35 minutes, until a toothpick inserted into the center comes out clean. Slice into squares and serve warm.