



Makes one 8-inch pan
Preparation Time: 15 minutes
Cook Time: 35 minutes

INGREDIENTS:

1 cup unsweetened, unflavored
plant-based milk

½ cup unsweetened applesauce

1 tablespoon flaxseed meal

1 tablespoon pure maple syrup

1 tablespoon apple cider vinegar

1 cup whole wheat flour

1 cup yellow cornmeal

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon sea salt

1 cup frozen corn

¼ cup chopped red bell pepper

Classic Vegan Cornbread

When it comes to Southern cooking, cornbread is as classic as it gets. This lightly sweet plant-based version gets a boost of color and flavor from frozen **corn** and fresh red bell pepper. Serve a big slice as a side to a warm bowl of chili or enjoy on its own with a hearty slather of homemade **corn butter**.

By Nancy Macklin, RDN

- 1** Preheat oven to 375°F. Line an 8-inch square baking pan or 2-quart square baking dish with parchment paper. In a bowl stir together the first five ingredients (through vinegar). Let stand 5 minutes.
- 2** In a large bowl stir together the next five ingredients (through sea salt). Add milk mixture. Stir just until moistened. Stir in corn and bell pepper. Spread batter in prepared pan.
- 3** Bake 30 to 35 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack 5 minutes. Cut into squares and serve warm.