

REVISED Cornbread

$\frac{3}{4}$ cup applesauce

2 T. ground flax seed (mixed with 5 T. water for “egg mixture”)

$\frac{1}{2}$ tsp. baking soda

2 tsp. baking powder

$\frac{1}{2}$ tsp. salt

1 cup cornmeal

1 cup whole wheat flour

1 $\frac{3}{4}$ cup plant milk (almond, soy, oat)

Pinch of sugar

Preheat oven to 400 degrees. Spray baking pan or muffin pan with cooking spray. Pour batter into pan or muffin tins. Bake pan for 20 minutes. Bake muffins for 15-18 minutes.