

The Best Gluten-Free Cornbread We Have Eaten

Recipe used with permission from Shauna Ahern of Gluten-Free Girl (www.glutenfreegirl.com)
Adapted from *The Better Homes and Garden Break Book*

Makes 8 servings

What you need:

140 grams gluten-free all-purpose flour mix
1/4 cup sugar
4 teaspoons baking powder
3/4 teaspoon salt
1 teaspoon psyllium husk
1/4 cup shortening (preferably lard and not butter)
2 large eggs
1 cup milk (you can use non-dairy milk, if you want)
1 cup yellow cornmeal



How to prepare:

Heat the oven to 425F.

Mixing the dry ingredients: Combine the flours by sifting them into a large bowl. Add the remaining dry ingredients and stir.

Cutting in the shortening: Cut the shortening into the flours, the way you would when making a pie dough. You should end up with walnut-size pieces in a sandy flour.

Adding the wet ingredients: Combine the eggs and milk in a small bowl. Make a well in the center of the dry ingredients and pour in the liquid. Stir with a rubber spatula until everything is combined.

Finishing the batter: Stir in the cornmeal, whisking fast, until it is just combined. Do not over-stir.

Baking the cornbread. Pour into a greased 9 by 9 by 2-inch pan. Slide it into the oven. Bake for 20 to 25 minutes, or until the sides of the cornbread are slightly shrinking from the pan and a toothpick comes out clean.

Per Serving:

Calories 226
Carbohydrates 36.4 g
Protein 4.5 g
Fat 8.4 g
Dietary Fiber 1.7 g

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