

Millet Cornbread

David's Vegan Home Cooking class

Cook time: 40 min

Yield: 16 servings

Serving size: 1

Calories per serving: 52



Ingredients:

2 1/2 cups uncooked millet ground into flour in blender

1/2 cup ground flax seed meal

2 teaspoons baking powder

1/2 teaspoon salt

1 1/4 cups almond milk or soy milk

1/2 cup raw almonds or other nuts

1/2 cup maple syrup or agave nectar

1 cup fresh or frozen corn kernels thawed

1 apple cored and chopped

1 teaspoon vanilla extract or vanilla powder

CINNAMON MAPLE GLAZE (yields 1/4 cup)

3 tablespoons maple syrup or agave nectar

1 tablespoon Coconut Oil or non-dairy margarine

1/2 teaspoon cinnamon

1/2 teaspoon vanilla extract or powder

pinch salt

Directions:

Preheat oven to 350 degrees.

In bowl, combine 2 cups ground millet, flax seed meal, baking powder and salt.

In blender, blend milk and almonds until smooth. Add maple syrup, corn kernels, chopped apple and vanilla powder to blender and blend until smooth.

Pour blender mix into bowl of dry ingredients, mixing well.

Transfer batter into oiled 8x8" glass baking dish and bake 40 minutes or until golden. Let cool.

Spread with Cinnamon Maple Glaze. (Place all glaze ingredients in pot and briefly warm over low heat, stirring until thoroughly combined. Refrigerate leftover and use within 10 days)

Refrigerate leftovers and use within 5 days or freeze.