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Oh My! Omega Cornbread

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Ingredients

- 1 ⅓ cup soy milk
- 1 T lemon juice or apple cider vinegar
- 1 tsp vanilla extract
- 15 oz can corn, drained and rinsed (can use frozen)
- 1 T flax seeds, freshly ground (a coffee grinder works well)
- ¼ cup oil or plant-based buttery spread
- 2 cups cornmeal
- ¼ cup Turbinado sugar
- 1 tsp baking powder
- 1 tsp salt
- ½ tsp baking soda

Instructions

1. Preheat oven to 350 degrees and lightly grease a 9-inch round baking pan.
2. Add the lemon juice or apple cider vinegar to the soy milk and let it sit for about 5 minutes to allow it to curdle. Add the vanilla.
3. Drain and rinse the corn. In a large bowl, pour the curdled soy milk over the corn and blend slightly. Let some chunks of corn remain. Add the ground flax seeds and blend only long enough to combine (about 30 seconds).
4. Add the remaining ingredients and stir gently to combine.
5. Pour into the greased pan. Bake for about 30 minutes until lightly browned. A toothpick (or fork) stuck in the center will come up with dry crumbs.

Check it Out

- Gluten-free