

Vegan/Gluten Free Cornbread Croutons

Prep time:

10 minutes

Cooking time:

20 minutes

Yields:

12 people

Ingredients:

spray oil

1 cup almond milk

1 Tbs apple cider vinegar

1 Tbs baking powder

1 tsp baking soda

2 cups ground cornmeal (choose fine or medium ground for best results)

1 tsp sea salt

2 Tbs maple syrup

1/4 cup organic unsweetened plain apple sauce

1/4 cup olive oil

Directions:

- Preheat oven to 375 degrees.
- Add vinegar to almond milk and set aside. (.5 minute)
- Whisk or stir dry ingredients together: baking powder, baking soda, corn meal, sea salt (1 minute)
- Whisk or stir wet ingredients together: maple syrup, applesauce, olive oil, then add milk/vinegar slowly (1 minute)
- Add wet to dry slowly, and stir to combine. (.5 minute)
- Pour into prepared (spray oiled) pan.
- Place in oven for 20 minutes or until toothpick comes out cleanly.
- Cool on rack in tin for 10 minutes

- Slice cornbread into 1 inch cubes. Lay in a single layer on an ungreased baking sheet and bake for 5-8 minutes (watch this closely), until lightly browned and crispy.
- Serve with soup or salad