CORNBREAD

MAKES 12 MUFFINS OR 1 8X8 PAN

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1 cup whole wheat pastry flour or whole spelt flour or your favorite GF baking mix
*1 cup yellow cornmeal, preferably stone-ground**
2 teaspoons aluminum-free baking powder
½ teaspoon aluminum-free baking soda
½ teaspoon fine grain sea salt
*1 cup buttermilk***
½ cup melted unsalted butter (1 stick) or coconut oil or olive oil
*2 large eggs****
4-6 Tablespoons honey or Grade A maple syrup (I use 4 Tbs.)
*1 cup COOKED quinoa (optional)*****
1 cup fresh or frozen corn kernels (optional)

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1. Preheat the oven to 375 degrees. Line a 12-cup muffin pan with paper liners or grease an 8 x 8-inch baking dish (I usually dip a pastry brush in the melted butter I'm using in the recipe and grease the pan that way.)
2. In a large bowl, whisk together the flour, cornmeal, baking powder, baking soda and salt. In a medium bowl or a blender, combine buttermilk, melted butter, eggs and honey until well blended. Pour wet ingredients into dry ingredients and stir until just combined. Stir in the corn kernels. Using an ice cream scooper, divide the batter into the muffin pan or pour it into the prepared pan.
3. Bake the muffins for 15-18 minutes, or until the tops are golden and a toothpick inserted in the center of a muffin comes out clean. Or bake the cornbread in the 8 x 8 pan for 30-35 minutes. Cool for 5 minutes on a wire rack before removing muffins from the pan.

*If you like a more tender, less grainy cornbread, increase flour by ½ cup and decrease cornmeal by ½ cup.

**Or ½ cup whole unsweetened yogurt + ½ cup milk of choice. Or 1 cup dairy-free milk + 1 Tablespoon lemon juice or apple cider vinegar

***Or 2 Tablespoons ground flax meal mixed with 6 Tablespoons warm water. Allow to sit 10-15 minutes. And then allow batter to sit 5-10 minutes before baking

****To cook quinoa: Rinse quinoa and then cook 1 cup quinoa in 1 ¾ cups boiling water covered for 15 minutes. Remove from heat and allow to sit for 10 minutes, covered. Makes about 3 cups cooked quinoa.