

Renee's My Mama Approved Cornbread recipe

INGREDIENTS

- 1 stick salted butter, vegan Melt Organic stick, or vegan Country Crock Plant Butter olive oil stick *
- $\frac{2}{3}$ cup sugar
- $\frac{1}{4}$ TSP Himalayan pink salt
- 1- $\frac{1}{4}$ cup cornmeal: My preferred brands are Miracle Maize Country Style cornmeal or House of Autry yellow corn meal
- 2 TBSP aluminum free baking powder
- 2-3 large eggs
- 1- $\frac{1}{4}$ cup coconut milk [I use either So Delicious original or unsweetened shelf stable coconut milk or full fat canned coconut milk mixed with water. Pour "milk" in dish then add water to can and mix. This gives the perfect consistency for baking

RECIPE

1. Melt butter. You can microwave for 1 minute in glass measuring cup or other safe dish or place in oven safe dish to melt butter first.
2. Add cracked eggs and other ingredients to your mixing bowl
3. Mix ingredients until smooth (not too lumpy) using a hand mixer or using a whisk and strong arms
4. Pour immediately into 8x11 rectangular glass dish or 9.5-inch round glass pie plate covered with a layer of avocado oil or the same "butter" product used in the mix
5. Bake at 375-400°F for 20-22 minutes
6. Remove from oven. While still warm, add layer of spreadable butter or Melt Organic Spread.
7. Try to let it cool before you enjoy. It actually is better after it settles after 3-6 minutes

NOTES:

- My cornbread is a delicious indulgence, so don't ask about the calories.
- This is a guide recipe as I usually "eyeball" the final batter until it looks right to me.
- I hate dry cornbread. I frequently add 2 TBSP extra virgin olive oil or avocado oil to the batter mix so it is super moist and fluffy and reheats well.
- I frequently use the Country Crock vegan plant butter Olive oil as it is more readily available in mainstream grocery stores, has great butter taste in baked goods, and is frequently on sale (Food Lion, Harris Teeter, Wal-Mart, Lowes' Foods, etc.)
- Whenever possible use fresh local eggs as the taste is even more awesome!

Renee Lea-Currie, 2020

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