



D E L I C I O U S , N U T R I T I O U S & G L U T E N - F R E E !

Corn Bread

Prep Time: 15 minutes

Cook Time: 35-45 minutes

Ingredients:

1 cup Bistro Blend

1 cup corn flour

¼ cup sugar

4 t baking powder

1 t kosher salt

¾ c unsweetened apple sauce

1 c light coconut milk

2 eggs

¼ c shortening

Preparation:

1. mix dry
2. mix in wet
3. 9 inch square pan, buttered
4. 425 for 35-45 minutes, or until toothpick comes out clean

Other options:

1. cupcakes with blueberries, can be frozen. Great for kids lunches, they will defrost by lunch time.
2. add green chilies or roasted poblanos from the farmers market
3. add the zest of one lemon