



# Gluten-Free Cornbread

*yields 8-10 slices*

- 2 tablespoons ground flax seed
- 6 tablespoons water
- 1 cup gluten-free flour mix
- 1 cup stoneground cornmeal
- 1/4 cup rapadura sugar
- 1/2 teaspoon ground cumin, optional
- 4 teaspoons baking powder
- 3/4 teaspoon sea salt
- 1 cup buttermilk (or hemp milk)
- 1/4 cup raw sesame or olive oil
- 1-2 jalapeños, stemmed, seeded & minced
- 1 cup grated sharp cheddar, optional
- 1 cup corn kernels, optional

Preheat oven to 425 degrees. Lightly grease an 8" cast iron skillet.

Bring the water to a boil in a small saucepan. Add the ground flax seed, reduce the heat to medium-low, and simmer for 3 minutes or until thickened, stirring occasionally. Set aside.

In a medium bowl, whisk together the flour, cornmeal, sugar, cumin (if using), baking powder and salt.

Add the ground flax seed mixture, milk and oil to the flour mixture. Beat just until smooth and stir in jalapeño, cheese and corn, if using. Turn into prepared skillet. Bake for 25 minutes, or until a toothpick inserted in the middle comes out clean. Cool before serving.