

Cornbread Wheat Germ Loaf

Swick

Makes 2 | Active Time: 10 minutes | Total Time: 40 minutes

- 1 tbsp flax meal
- 2 tbsp water
- 1/4 cup (50 gr) non-dairy butter, melted
- 1 cup non-dairy milk
- 1 cup unbleached white all-purpose flour
- 1/2 cup cornmeal (stone-ground, fine or medium)
- 1/2 cup wheat germ
- 2 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp sea salt

To start, preheat the oven to 400°F (200°C) and grease whatever tin or pan you are going to use to bake the cornbread in.

Next, add the flax meal and water to a bowl that will be big enough to hold the non-dairy milk and butter later. Allow the flax meal to hydrate in the water for 5 to 10 minutes.

Once fully hydrated, whisk the flax meal to create a beaten egg-like consistency and then add the milk and butter and whisk to combine.

In a medium-sized bowl mix together the remaining dry ingredients — flour, cornmeal, wheat germ, sugar, baking powder, and salt and then form a well in the middle. Next, add the wet ingredients into the dry ingredients and gently fold everything together until the mixture has just come together — a few lumps are perfectly fine.

Bake the cornbread for 18 to 25 minutes, the time will ultimately depend on the size of the pan and the size of the muffin or loaf that you are baking. For the loaves pictured in this recipe, we baked them for 23 minutes.

- 2 tbsp Vegan Honey (brown rice syrup or agave would also work)
- 2 tbsp non-dairy butter
- 2 tbsp finely chopped green onion

Just before the cornbread is ready, mix together the Vegan Honey, melted butter and green onions.

Once the cornbread is ready, remove it from the oven and brush or evenly pour the honey-butter over top. Let the bread cool for 5 minutes or so and then carefully remove it from the pan and allow to cool slightly before serving.