



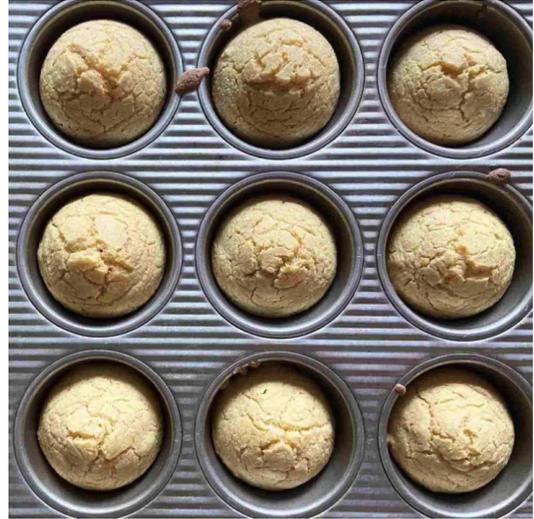
## Dairy-Free & Egg-Free Cornbread Muffin

### Supplies:

- 12-serving muffin/cupcake tin

### Ingredients:

- 1 and ½ cups dairy-free milk
- ½ tablespoon vinegar
- 1 cup cornmeal
- 1 cup flour
- ¼ cup sugar
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 tablespoons oil



### Instructions:

1. Preheat the oven to 400F. Line your muffin tin with reusable or disposable liners, or grease your muffin tin with dairy-free butter or oil.
2. Pour 1.5 cups dairy-free milk into a measuring cup and add ½ tablespoon vinegar. Stir and let it sit to make buttermilk
3. In a large bowl, combine 1 cup cornmeal, 1 cup flour, ¼ cup sugar, ½ teaspoon salt, 1 teaspoon baking soda
4. Add to the milk and vinegar mixture: 2 tablespoons of oil
5. Make a well in the dry mixture (step 3), and slowly pour the wet mixture (step 4) into it
6. Gently stir the wet and dry ingredients together just until combined. Don't overmix.
7. Pour the batter into your muffin tin
8. Place in the oven on the center rack for 16-20 minutes until golden brown. Use a toothpick and stick it in the center of a muffin to check if the toothpick comes out clean from the center (this means it is cooked through).
9. Serve hot with dairy-free butter (can use clarified butter if in maintenance) and hone

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: wheat**