

## Cranberry Maple Cornbread



### Makes:

6 servings

### Utensil:

1 ½ Qt./1.4 L Sauce Pan with Cover

small mixing bowl

medium mixing bowl

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### Recipe Description:

Cornbread is a delicious and festive addition to any meal. Fresh and dried cranberries add a pop of sweet and tart flavor. No need to turn the oven on!

Dry Ingredients

1

cup

organic cornmeal, finely ground

(132

g)

<sup>1</sup>/<sub>2</sub>

cup

organic whole wheat pastry flour

(60

g)

1

teaspoon

baking powder, aluminum-free

(5  
g)  
<sup>1</sup>/<sub>4</sub>  
teaspoon  
sea salt  
(1.5  
g)

### **Wet Ingredients**

1  
cup  
fat-free buttermilk  
(240  
ml)  
1  
teaspoon  
vanilla extract  
(5  
ml)  
2  
large  
eggs  
<sup>1</sup>/<sub>4</sub>  
cup  
maple syrup  
(81  
g)  
<sup>1</sup>/<sub>2</sub>  
cup  
fresh cranberries, chopped  
(55  
g)  
<sup>1</sup>/<sub>2</sub>  
cup  
dried cranberries, chopped  
(60  
g)

### **Directions:**

1. Sift cornmeal, whole wheat pastry flour, baking powder and salt together in a small bowl.
2. In a separate bowl, combine buttermilk, vanilla extract, eggs, maple syrup and cranberries. Whisk thoroughly to combine.
3. Add dry mixture to wet mixture and gently stir to combine just until moistened. Do not over mix.
4. Lightly coat bottom and sides of pan with coconut or vegetable oil spray.
5. Pour cornbread mixture into pan. Place cover on pan.

6. Turn heat to medium. When Vapo-Valve? clicks steadily, reduce heat to low and cook for 20 - 30 minutes or until done.
7. Turn off heat when done. Remove and wipe any excess water from cover, and place back on pan. Let cornbread rest for 10 minutes.
8. Loosen cornbread around sides using a small knife. Place a serving dish on pan and invert cornbread onto dish.

**Tips:**

- Substitute buttermilk with a non-dairy milk.
- For breakfast, serve cornbread as is; for lunch, with soup; and for dinner, with roasted turkey, chicken or your favorite vegan entree.

Nutritional Information per Serving

**Calories:**

360

**Total Fat:**

4g

**Saturated Fat:**

1g

**Cholesterol:**

63mg

**Sodium:**

250mg

**Total Carbs:**

76g

**Dietary Fiber:**

8g

**Sugar:**

12g

**Protein:**

6g