

Beans, Rice And Everything Nice

Zucchini Corn Bread



original recipe by beansriceeverythingnice.weebly.com

Ingredients

140 grams (1 cup) gluten-free cornmeal
70 grams (1/2 cup) gluten-free sorghum flour
70 grams (1/2 cup) gluten-free tapioca flour
6 grams (1 Tablespoon) ground flax seed
2 grams (1/2 teaspoon) salt (optional)
4 grams (1 teaspoon) gluten-free baking powder
2 grams (1/2 teaspoon) baking soda
250 ml (1 cup plus 3 Tablespoons) soy milk
15 ml (1 Tablespoon) apple cider vinegar
40 ml (2 Tablespoons) maple syrup or other sweetener (optional)
135 grams (1 cup packed) shredded zucchini

1. Preheat the oven to 200C / 400F. Line a 20 cm (8 inch) square baking pan with parchment paper, set aside. Add the soy milk and the vinegar to a measuring cup, and set it aside to curdle while you shred the zucchini.
2. Measure the dry ingredients, including the ground flax seed, into a large bowl and whisk to combine. Add the shredded zucchini and mix thoroughly. When the oven is preheated, add the maple syrup to the sour soy milk, mix well. Add the wet ingredients to the zucchini and flour mixture. Mix well and pour into the prepared baking dish.
3. Bake for 30 - 35 minutes, until the centre is firm and a toothpick inserted in the middle comes out clean. Don't over cook. Let sit to cool for 10 minutes. Grasp the edges of the parchment paper and lift the cornbread out of the pan. Set on cooling rack and allow to cool for another 10 minutes or so before cutting.