Ashley's Meal Prep Monday!

Sweet Vegan Cornbread Muffins

INGREDIENTS

1 ¼ cup unsweetened almond milk
1 TBSP apple cider vinegar
¾ cup GF flour
1 ¼ cup cornmeal
4 TSP baking powder
1 TSP salt
½ cup maple syrup
¼ cup avocado oil

Preheat oven to 350 and line 13-14 muffin pans with inserts or use silicone pans/tins.

Combine milk and vinegar in a small bowl and set aside. Mix flour, corneal, baking powder and salt in a large bowl, stirring to combine. Add maple syrup, oil and milk/vinegar mix to the bowl with the dry ingredients and stir until well combined, but be sure not to overmix.

Evenly divide the batter into the lined spots in the muffin pans, about ⅔ full. I used a retractable ice cream scoop.



Bake muffins for 20 minutes or until a toothpick comes out of the center clean. Enjoy with a warm bowl of soup or even some butter and honey! Although, they're perfectly sweet as-is!

Recipe idea: audreydunham.com

Cartwright's Market