



Cornmeal Mix

(Inspired by Make-A-Mix-Cookery)

2 cups GFFlour blend
1/2 Tablespoon Salt
1/4 cup plus 2 Tablespoons sugar
2 Tablespoons Baking Powder
1/2 cup shortening
2 1/4 cups cornmeal

Mix first 4 ingredients. Place in food processor. add 1/2 cup shortening and process until well distributed making small crumbs. Mix processed flour mixture with cornmeal. Store in a cool dry place (Well make about 2 recipes)

Cornbread
2 1/2 cups cornmeal mix
3/4 cups Apple Juice
1/2 cup water
1 Egg
1 teaspoon xanthan gum

Can substitute Almond Milk for the Apple Juice and water

Preheat Oven to 425. Grease 8 in square pan. Mix Cornmeal mix all the ingredients spread in cake pan and bake for 25 min until golden brown

If you want muffins instead. Grease 12 muffin tins. Mix ingredients fill muffin cups 2/3 full. Cook 15 to 20 min until golden brown

<http://www.lincolntent.com/GFCF-Bread.html>

or

<http://www.lincolntent.com/GFCF-Mix.html>