

VEGAN CORN BREAD

May 2, 2026

200 grams cornmeal, divided
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon salt
4g psyllium husk or powder

2 eggs
120 grams yogurt
6 tablespoons oil
1/3 cup maple syrup

- Preheat the oven to 375F and prepare muffin tin.
- Blend 100g of the cornmeal with the baking powder and baking soda. Blend the remaining 100g w/ the salt and psyllium husk.
- In a mixing bowl, whisk the maple syrup into the yogurt; then whisk in the oil and add the eggs one at a time. Then gently add the cornmeal *with the salt and psyllium seed*. Let sit for 5-10 minutes.
- Now gently mix in the remaining cornmeal..
- Spoon into 6 large (Texas size) muffin cups.
- Bake approximately 15 minutes.
- They should spring back, be lightly browned on top. I would think a cake tester would come out clean. If you are using an instant read thermometer, 200F is done!