



## Paleo Cornbread

**Active Time:** 15 minutes | **Total Time:** 45 minutes | **Serves:** 12

### Nutrition Information Per Serving

83.3 calories, 3.85 g carbohydrate, 0.98 g fiber, 2.87 g NET carbs, 2.43 g protein, 6.66 g fat

#### Ingredients

- 4 Tbsp(s) Bob's Red Mill Organic Coconut Flour
- 4 Tbsp(s) Bob's Red Mill Tapioca Flour
- 1/4 tsp(s) Real Salt
- 1/4 Tbsp(s) Starwest Botanicals Organic Psyllium Husk Powder
- 4 large(s) pastured eggs
- 4 Tbsp(s) virgin coconut oil
- 1/4 Tbsp(s) organic apple cider vinegar
- 1/2 tsp(s) cream of tartar
- 1/4 tsp(s) baking soda

#### Preparation

1. Preheat the oven to 350 degrees F. Grease a Magic Line Loaf pan and make a parchment sling covering the bottom of the pan that extends over the ends.
2. In a medium bowl, whisk the dry ingredients.
3. Add the eggs, coconut oil (or butter or ghee) and vinegar. Blend on medium speed to combine.
4. Pour the dry mixture into the blender and blend on medium-low speed for 30 seconds to fully combine. Let the batter stand for 1 minute to thicken. Stir in the chopped baby corn, if using.
5. Scrape batter into the prepared pan and smooth the top with your spatula or by gently rapping the pan on the counter.
6. Transfer to oven and bake 30 minutes or until golden and a toothpick comes out clean. Let cool completely before slicing.
7. Store cooled bread in an airtight container.

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