

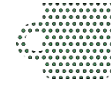


Low FODMAP Cornbread

Serves: 10

Prep: 15 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
¾ cup cornmeal/polenta	142 g	4 oz
1½ cups gluten free flour	225 g	8 oz
1 tbs baking powder		
⅓ cup white sugar	70 g	2.5 oz
1 tsp salt	5 g	0.18 oz
1 cup creamed corn	270 g	9.5 oz
Melted butter, cooled slightly	125 g	4.4 oz
2 eggs, lightly whisked		
¾ cup lactose-free milk	190 g	6.7 oz

Method

1. Preheat the oven to 200°C/425°F and grease a 9 inch baking pan with cooking spray or baking paper.
2. Mix together the polenta, gluten free flour, baking powder, white sugar and salt in a large bowl.
3. In a separate smaller bowl, mix together the creamed corn, melted butter, whisked eggs and lactose-free milk.
4. Pour the wet batter into the dry ingredients and mix until combined.
5. Pour the batter into the prepared tray and bake for 25-30 minutes or until the middle comes out clean.
6. Cool for 10 minutes and serve.

Nutrition Information (per serve)	
Energy	1216 Kj / 291 cal
Protein	4.60g
Carbohydrates	39.50g
Sugar	9.80g
Total Fat	12.40g
Saturated Fat	7.50g
Fibre	1.60g