

Vegan Cornbread Muffins

Cheap and Easy Vegan Meals

By Madison Margaret



The recipe typically calls for an egg, however there are so many egg substitutes we can choose from such as banana, vegan yogurt, ground and soaked chia or flax seeds, aquafaba, coconut oil, pureed fruit, cooked oats, etc... these substitutes may be in your home already!

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Ingredients

1/4 cup of very ripe banana (a little less than a full banana)

Corn bread mix - I used Trader Joe's Gluten free mix (make sure the one you buy is vegan!)

1/2 cup of coconut oil

3/4 cup of plant-based milk

Materials needed

Large mixing bowl

Baking spatula

1/4 cup measure

1/2 cup measure

Cupcake tray

Cupcake liners (be sure to buy a natural paper with natural dyes)

Oven safe mitts for transferring the hot pan from the oven

An oven, preheated to BAKE 375 degrees (F)

Electric whisk (only if you have one, otherwise a manual whisk tool works too)

Depending on the brand of cornbread mix you buy, you may have different steps than what I faced while following the instructions on Trader Joe's gluten free cornbread mix. First preheat your oven, my box calls for 375 degrees (F). Once you have set the preheat for your oven, acquire all your materials and ingredients. Start by getting your wet ingredients into the large bowl. I ended up using an electric whisk to thoroughly mix the batter and smooth any chunks of bananas. If you do not have access to such a mixer, please keep in mind to smooth your banana before mixing with the rest of the ingredients. After you mix your egg substitute (banana in my case), with your 1/2 cup of oil (I used coconut oil) and your 3/4 cup of plant based milk (I used vegan heavy whipping cream), now you can cut open the bag of dried mix from the cornbread box and start mixing the dried mix with your wet ingredients. Be sure to not over mix, you want your batter smooth and consistent -no dry chunks!

Once you are done mixing by machine or hand, it is important to start prepping your muffin sheet. First, you must line the tray with muffin wrappers (or you can skip and use cooking spray instead!). Once the muffin tray is prepped, start by measuring out 1/4 cup of batter per muffin. When I made mine, I recall being one muffin short. Keep in mind depending on what you add ingredients wise, and also what brand mix you may pick, you may or may not end up filling the entire muffin tray. Try to pour the mix as neatly as possible to avoid any spills and waste! Cook for 20-25 minutes under 375 degrees (F). And be sure to let cool before you taste! I recommend enjoying your muffin with a smear of plant-based butter or your favorite jam! These muffins are versatile as they can be

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eaten as breakfast, a quick snack, or with dinner. Enjoy and please let us know what egg substitute you tried with this recipe or any other recipe this may inspire!