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a nut-free cooking blog

### **Cornbread with Maple Butter**

#### **Cornbread:**

1 1/3 cups flour  
1 1/3 cups coarse ground cornmeal  
2 tbsp brown sugar  
1 tbsp baking powder  
3/4 tsp baking soda  
1 tsp salt  
3 eggs  
1 cup buttermilk  
1/2 cup milk (whole, skim, whatever you like)  
4 tbsp butter, melted 3/4 cup corn kernels

1. Preheat the oven to 350°F and prepare your baking pan by greasing an 8x8" dish. (Or try using a mini muffin pan for individual servings.)
2. Whisk together the flour, cornmeal, brown sugar, baking powder, baking soda, and salt in a medium sized mixing bowl.
3. In a separate bowl, whisk together the eggs, buttermilk, and milk.
4. Combine the dry ingredients with the wet ingredients, beating until just combined (it will be a little lumpy—that's perfect!) Stir in the melted butter and corn.
5. Pour the batter into the prepared baking dish and bake for 25-30 minutes at 350°F, or until an inserted toothpick comes out clean. Allow to cool to room temperature.

Note: This recipe freezes really well, so feel free to make a big batch to eat alongside chili, and extra to make into cornbread stuffing for Thanksgiving! If freezing, wrap tightly in plastic wrap, and seal inside a zip-top freezer bag.

#### **Maple Butter:**

1 cup (2 sticks) butter, softened  
1/2 cup maple syrup

Beat butter until light and fluffy. Slowly drizzle in maple syrup and beat until well mixed. Transfer to a shallow bowl. Serve at room temperature so it's easily spreadable. Can be stored in the refrigerator for up to two weeks.

