



Corn Casserole

from the kitchen of Elaine Albertson

Cornbread mixture:

1/2 cup whole wheat pastry flour
1/2 cup yellow cornmeal
2 tsp. Rumford baking powder
2 Tbsp. granulated sweetener
1 Tbsp. Ener-G egg replacer
1 Tbsp. ground flax seeds

1/4 tsp. salt

2/3 cup soy, nut, or rice milk

Other ingredients:

1 can whole kernel corn, drained
1 can cream-style corn
1/2 cup soy sour cream

Preheat oven to 350°F. Mix all dry ingredients at left together. Add milk and stir until smooth.

Add canned corn and soy sour cream and stir until well blended. Pour into a 9" square glass baking pan or comparable size casserole dish. Bake for 1 hour. Enjoy!

The original non-vegan version of this corn casserole has been a favorite at potlucks for years. Elaine did some experimenting until she got this vegan adaptation just the way she wanted. Her friends have told her it's every bit as tasty as the one they remembered. Some of them thought they wouldn't be having it again because of the eggs and dairy in the original. Try it, we think you will like it!

