

# Cornbread Hamburger Bun {Gluten Free, Dairy Free}

Recipe by: The Mixing Bowl Diary

[www.theMixingBowlDiary.com](http://www.theMixingBowlDiary.com)

*recipe makes 8, 4-inch buns*

## Ingredients

- 2 eggs
- 3/4 cup dairy free milk
- 1/4 cup canola oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla
- 1 cup cornmeal
- 3/4 cup Brown Rice Flour mix \* {see note}
- 1/4 cup sugar {or maple syrup}
- 2 teaspoon baking powder
- 1 1/2 teaspoon xanthan gum
- 1 teaspoon salt

## Instructions

1. Preheat oven to 350°. Grease the hamburger bun pan with cooking spray.
2. Beat the eggs in a large bowl, until fluffy. Add in the milk, oil, cider vinegar and vanilla. {if substituting maple syrup, add it with the wet ingredients }
3. In a separate bowl, whisk together the dry ingredients: cornmeal, brown rice flour mix, sugar, baking powder, xanthan gum and salt.
4. Add the dry ingredients into the wet ingredients, mix fully.
5. Scoop the batter into the prepared pan.
6. Bake about 15 mins, for 4" rolls, until tops begin to brown.

**\*Note: To make a Brown Rice Flour Mix: combine 2 parts Brown rice flour (super fine ground), 2/3 parts Potato starch and 1/3 part Tapioca flour.**

Copyright ©2011 The Mixing Bowl Diary. All Rights Reserved.