Keto Cornbread

**Servings: 12 Prep Time: 5 mins Cook Time: 15-25 mins**

**3/4 cup Lupin Flour**

**120 g Lupin Semolina**

**1/2 cup Vital Wheat Gluten**

**3 tsp Baking Powder**

**1 1/2 tbsp Sweetener**

**1/2 tsp Salt**

**1/2 tsp Xanthan Gum**

**3/4 cup Non-Dairy Milk**

**1/4 cup Silk Alternative Half & Half or regular Half & Half**

**3 Eggs**

**1 stick or 1/2 cup Butter, melted and cooled**

**1/2 tbsp Corn Extracts**

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Preheat your oven to 350F.

Mix all the dry ingredients: lupin flour, lupin semolina, vital wheat gluten, baking powder, sweetener, salt, and xanthan gum in a bowl.

To that bowl, add all the wet ingredients: non-dairy milk, half & half, eggs, butter, and corn extract. Mix well until a thick batter comes together. Spray a 9-inch round cake pan with some oil and line the bottom with a piece of parchment paper.

Spread the batter evenly throughout the pan, then bang it on a surface to release any air.

Bake at 350F for 15-25 minutes. Allow to cool slightly before cutting and serving warm.

**Nutritional Facts for 1 slice of Keto Cornbread:** 164.7 Calories, 10.8g Fat, 2.0g Net Carbs, 12.7g Protein.