



Pumpkin Cornbread (Gluten-free option)

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Moist and tender homemade Pumpkin Cornbread.

Course bread, gluten-free, side
Cuisine American

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 12

Calories 182kcal

Author [Allison - Celebrating Sweets](#)

Ingredients

- 1 cup all purpose flour OR gluten-free flour blend see note
- 3/4 cup yellow cornmeal not coarse ground
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon pumpkin pie spice
- 2 large eggs, beaten
- 1 cup canned pumpkin puree not pumpkin pie filling
- 1/2 cup honey or pure maple syrup
- 1/4 cup canola oil, vegetable oil or melted coconut oil (refined)
- 1/4 cup milk

Instructions

1. Preheat oven to 350°F. Grease a 9x9 square baking pan.
2. In a large bowl, combine flour, cornmeal, baking powder, baking soda, salt, and pie spice.
3. In a separate bowl whisk eggs, pumpkin puree, honey or syrup, oil, and milk until combined. Pour the wet ingredients into the dry ingredients and stir until combined.
4. Pour the batter into the prepared pan and bake for approximately 25 minutes (begin checking it at 20 minutes). A toothpick inserted into the center should come out fairly clean (no raw batter). Serve warm with butter and honey.

Notes

When making this recipe gluten-free I used [Bob's Red Mill 1-to-1 Gluten Free Baking Flour](#).

You can also make these into muffins by dividing them between a 12-cup muffin tin and baking at 350° for about 15 minutes, or until a toothpick inserted into the center comes out clean.

Nutrition

Calories: 182kcal | Carbohydrates: 29g | Protein: 4g | Fat: 6g | Saturated Fat: 1g | Cholesterol: 35mg | Sodium: 117mg | Potassium: 139mg | Fiber: 2g | Sugar: 13g | Vitamin A: 3228IU | Vitamin C: 1mg | Calcium: 34mg | Iron: 1mg