

# Vegan Cornbread with Roasted Tomatoes

## Ingredients

- 2 large tomatoes
- ¼ cup sunflower seed oil (cornbread batter), plus more for tomatoes
- ½ tsp. salt (cornbread batter) + more, to taste for tomatoes
- ¼ cup sunflower seeds, raw and shelled
- 1 ¼ cups cornmeal
- 1 cup quinoa flour
- 1 TBSP. baking powder
- 1/3 cup agave nectar
- 1 cup cashew milk

## Steps

1. Preheat the oven to 400°F (200C). Line a baking sheet with a silicone mat, and coat with oil. Slice tomatoes into pieces, approximately ¼ inch thick, and arrange in a single layer on the baking sheet. Sprinkle generously with salt and place in the oven for 1 hour, taking them out once halfway through and flipping.
2. In a small skillet, toast the sunflower seeds dry, making sure to stir them frequently in order to keep them from burning. Remove from the heat after a couple minutes, when they begin to turn slightly brown and smell toasted.
3. In a large mixing bowl, combine the cornmeal, quinoa flour, baking powder and salt. Next add the wet ingredients (agave, cashew milk, and oil) and stir until combined. Finally add the sunflower seeds, and stir a couple times to combine.
4. After the tomatoes are cooked, grease a 9-inch round pan, and add the cornbread batter. Place the roasted tomatoes on top of the batter before returning the pan to the oven (this should still be set to 400°F). Let cook for around 25 minutes (until a toothpick inserted through a non-tomato covered part comes out clean), let cool slightly and enjoy.

