

### **Vegan Creamed Corn**

12 ounces frozen corn (or 1½ cups raw fresh corn kernels)  
1 tablespoon grapeseed oil  
½ an onion, finely diced  
Salt  
1 tablespoon sugar (optional)  
2 tablespoons yellow cornmeal (fine)  
½ cup light coconut milk  
½ cup rice milk  
Salt and pepper

In a large skillet heat the grapeseed oil over medium high heat. Add the onion and cook until almost translucent.

Add the corn and salt, cooking about 5 minutes, stirring frequently until the corn is no longer frozen and is warm. Stir in the sugar (if adding) and cook another minute.

Mix the coconut and rice milks together. Sprinkle the corn flour over the corn kernels and stir in. Add the milk and cook until the corn is soft and the mixture had been reduced and appears creamy—about another 4 or 5 minutes. Season with salt and pepper to taste.

Makes about 2 cups of creamed corn.