



Homemade Cornbread

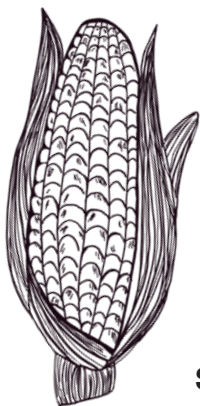
Prep Time: 10 mins Cook Time: 30 min Serves: 10

Ingredients:

- 1 cup cornmeal
- 1 cup whole wheat flour
- 3 tsp baking powder
- 1 tsp salt
- 1/2 cup olive oil
- 1/4 cup water
- 1 cup milk
- 1 egg
- 2 Tbsp honey
- 1/2 cup corn kernels
(canned, fresh or frozen)

Instructions:

1. Preheat oven to 400°F.
2. Mix together cornmeal, flour, baking powder, and salt in one bowl.
3. In another bowl mix, olive oil, water, milk, egg, and honey.
4. Stir wet ingredients into dry ingredients until mixed well.
5. Fold corn into mixture.
6. Grease a 9x9 inch pan or muffin tin, with olive oil.
7. Bake for 15-30 minutes until the bread is golden on top. Baking time will depend on what pan you use. Check after 15 minutes.



Try adding
jalapenos
for extra
spice or
blueberries
for added
sweetness!