

Mama Approved Cornbread Recipe

This traditional American cuisine goes well with your favorite slow carb (i.e., beans, greens, etc) and protein source (i.e., turkey, pork chop, fish, etc). Having a slice of cornbread could also make for a great afternoon snack. This recipe can easily serve 8 or 16, as it depends on your preferred slice size. For your convenience we've provided the nutritional analysis for serving sizes of 150 and 300 calories per slice.

Ingredients:

- ½ cup unbleached all-purpose flour
- ½ cup whole wheat flour
- 1 cup yellow cornmeal (recommended Arrowhead Mills® brand when possible)
- 2/3 cup Evaporated Cane Juice
- 1 teaspoon salt
- 3 teaspoons baking powder
- 1 whole egg
- 1 ¼ cup milk (i.e., soy, non-fat milk, etc)
- 1/3 cup Butter (or Extra Virgin or Virgin olive, coconut or avocado)

Method:

1. Preheat oven to 400 degrees F (200 degrees C). Spray or lightly grease a 9-inch round cake pan.
2. In a large bowl, combine flour, cornmeal, sugar, salt, and baking powder. Stir in egg, milk, and oil until well combined. Pour batter into prepared pan.
3. Bake in preheated oven for 22 to 26 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Serves: 8

APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING: 300 calories (5.6 grams of protein, 44.5 grams of carbohydrates, 12.3 grams of fat, 2.2 grams of fiber).

Serves: 16

APPROXIMATE NUTRITIONAL ANALYSIS PER SERVING: 150 calories (2.8 grams of protein, 22.3 grams of carbohydrates, 6.1 grams of fat, 1.1 grams of fiber).



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