

## Whole Grain Cornbread

Serves 8

3/4 cup whole wheat white flour  
2.5 t baking powder  
1/2 t salt  
1 1/4 cups cornmeal  
2 T melted butter  
3 T sugar  
1 1/4 cup skim (nonfat) milk  
2 eggs  
Cooking spray



Preheat oven to 425°F. Spray an 8X8" pan with cooking spray. Combine flour, baking powder, salt, and cornmeal in a bowl and whisk about ten seconds, ensuring there are no lumps. Combine melted butter, sugar, and milk in a separate bowl and stir. Whisk in two eggs. Pour dry ingredients into liquid mixture and whisk until there are no lumps of flour mixture. Pour into pan and bake until the top is golden and a toothpick inserted into the bread comes out clean, about 20 minutes. Cool 5 minutes and slice.

Nutrition information per serving (about 1 cup): 200 calories, 5g fat, 6g protein, 34 g carbohydrate, 360mg sodium, 5g dietary fiber. Good source of calcium and iron.

Adapted from the Joy of Cooking

