



# Whole Wheat Cornbread

\*The sugar in this recipe is optional, but it's a small amount and adds a nice flavor. If you like a slightly sweeter cornbread (such as Jiffy Mix taste), use 2 Tbsp + 1 1/2 tsp sugar.

If you'd like a slightly healthier alternative to refined white sugar, try using Turbinado sugar in your recipes. It's all natural, unrefined and has less calories than granulated sugar. It also contains some nutrients lost during the processing of white sugar. It does still have the same basic effects on blood sugar levels as white sugar, but it's less processed and has a slightly richer taste to it.

Sift together dry ingredients in a bowl.

Add egg, milk and butter. Beat with a spoon until smooth, about one minute, but do not overbeat.

Mixture will be lumpy. Bake in a greased 8-inch square pan at 425° for 20 minutes or until golden brown on top. Cut into squares and serve warm plain or topped with butter.

## INGREDIENTS

1 cup coarse stone ground cornmeal  
(regular or fine ground works, too)

1 cup whole wheat pastry flour

4 tsp baking powder

1 Tbsp sugar\*

1 egg

1 cup milk

1/4 cup butter or margarine, softened

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UNIQUELY YOU