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**Hot Water Cornbread**

**Equipment Needed: Bowl, Measuring Utensils, Pot, Skillet**

**Servings: 8**

**Prep Time: 5 Minutes**

**Cook Time: 15 Minutes**

**Total Time: 20 Minutes**

**Ingredients:**

1 Cup Cornmeal

1/3 Cup All Purpose Flour

1 teaspoon Sea Salt OR Pink Himalayan Salt

1 Tablespoon Cane Sugar OR Maple Syrup

1 Egg or Egg Replacement

1/4 Cup Oil for cooking

 Boiling Water

**Directions:**

1. Mix together the cornmeal, flour, salt, and sugar.

2. Stir in the egg.

3. Slowly add enough boiling water until you have a thick batter that can be formed into patties.

4. Fry the patties in hot oil in a heavy skillet until they are golden brown on both sides.