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**Country Cornbread**

**Equipment Needed: Large bowl, Whisk, Spoon, Rubber Spatula, Measuring Utensils**

**Servings: 8**

**Prep Time: 10 Minutes**

**Cook Time: 30 Minutes**

**Total Time: 40 Minutes**

**Ingredients:**

*Wet ingredients -*

1 1/4 Cup Yellow Cornmeal

1 Tablespoon Whole Wheat Flour OR Whole Wheat Pastry Flour

2 teaspoons Aluminum-Free Baking Powder

1/2 teaspoon Sea Salt OR Pink Himalayan Salt

*Dry ingredients -*

2 Tablespoons Honey

1 Tablespoon Water

1/2 Cup Nut Milk (Soy/Almond/Cashew)

1 Egg OR 1 Egg Replacement

1/4 Cup Vegetable Oil

**Directions:**

1. Mix all Dry ingredients.

2. Add all Wet ingredients. Let rise 10 minutes.

2. Pour Cornbread mixture into oiled pan. Bake at 325-350 degrees for 30 minutes or until toothpick comes clean.

Note: To make it Jalapeno Cornbread, add 1 chopped, deveined Jalapeno to the mixture. For a special treat, you can substitute Water , Egg, and Nut Milk with Creamed Corn.