Cornbread

Amount 1 8x8 pan of bread

Ingredients

- 2 tbsp ground flax seeds
- 6 tbsp water
- 1 cup wheat flour
- 1 cup cornmeal
- 1/4 cup sugar
- 3 tsp baking powder
- 1 tsp salt
- 1 cup milk
- 1/4 cup applesauce

Steps

1. Preheat oven to 425 F.
2. Mix dry ingredients.
3. Add wet ingredients and mix until just blended (don't overmix).
4. Put in a baking dish (eg, 8x8 square pyrex).
5. Bake for about 20 minutes at 425 deg.

Notes

Try adding whole corn kernels or chopped jalapenos.

Less healthy variant: Replace flax seed , water, and applesauce with 1/3 cup vegetable oil and 1 egg.

FOR MUFFINS: Spoon batter into 10-12 greased or paper-lined muffin cups filling 2/3 full. Bake in preheated 4000 F oven for 15 minutes.