

Corn Bread

Prep Time: 12 minutes + cooking time

Corn Bread Recipe:

3/4 cup corn meal
3/4 cup unbleached white flour
1/4 cup rye flour
2 tsp Rumford (aluminum free) baking powder
1 tsp Italian herb seasoning
1 tsp onion flakes
1 cup hot water
2 Tbsp honey
1 Tbsp raw apple cider vinegar
1 tsp Celtic Sea Salt

Instructions:

In first bowl, combine corn meal, white flour, rye flour, baking powder, seasoning and onion flakes.

In second bowl, combine water, honey, vinegar and salt.

Spray small iron skillet or muffin tin with Extra Virgin Olive oil or grape seed oil. Mix wet ingredients well until honey is dissolved. Add to dry ingredients. Mix quickly and pour into skillet or tins. Bake 20 minutes in 350 degree oven. Let cool 5-10 minutes

Variations:

Add fresh, whole corn kernels from Freggies, of course!

We get our produce from: 
www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org