

Soul-Healthy Cornbread

Rating: ★★ ★

Makes: 12 servings

Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 4 egg whites (1/2 cup)
- 2 tablespoons vegetable oil

Directions

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in an medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

Food and Health Communications, Inc., Cooking Demo II, p.166

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	4 g	
Carbohydrates	29 g	10%
Dietary Fiber	1 g	4%
Saturated Fat	NA	
Sodium	NA	