

Jimmy Crack Cornbread

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Cornmeal		1 cup		4 cups
Whole grain flour (ground oats or whole wheat flour)		1 cup		4 cups
Baking soda		1 tsp		4 tsp
baking powder		1 tsp		4 tsp
Salt		1 tsp		4 tsp
Sugar		2 Tbsp		8 Tbsp
Eggs		2 eggs		8 eggs
Buttermilk or 1% (low-fat) milk		1 cup		4 cups
Applesauce, unsweetened		1/4 cup		1 cup
Creamed corn		1 cup		4 cups
Vegetable oil		1 Tbsp		1/4 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	163	
Total Fat	4 g	
Protein	5 g	
Carbohydrates	29 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	366 mg	

Directions

1. Preheat oven to 400°F.
2. Grease a cake pan or muffin tins.
3. Mix together cornmeal, flour, baking soda, baking powder, salt and sugar in a large bowl.
4. In another bowl, mix together eggs, buttermilk or milk, applesauce, creamed corn and oil.
5. Pour milk mixture into cornmeal mixture and stir until just combined.
6. Fill each muffin cup 2/3 full with batter and bake for 15 - 18 minutes or until tester comes out clean.

Notes

Serving Tips:

Cornbread is a great alternative to having white or wheat bread. Making it in advance and freezing it can save time if you bake extra and freeze for later use!