

Cornbread

Ingredients

- 1-1/2 cups whole wheat flour
- 1-1/4 cups cornmeal
- 1/3 cup + 2 tbsp granulated sugar
- 4 tsp baking powder
- 3/4 tsp kosher salt
- 2 eggs
- 1-3/4 cup 1% milk
- 1/4 cup vegetable oil

Notes

Number of Portions: 25

Serving Size: 1

Nutrition Facts: 92 calories, 3.06 g fat, 0.6 g saturated fat, 142 mg sodium, 14.62 g carbohydrate, 1.22 g fiber, 4.6 g sugar, 2.45 g protein

Directions

1. Combine flour, cornmeal, sugar, baking powder, and salt in a mixer (batch as needed).
2. Combine eggs, milk, and oil in a large bowl. Stir well.
3. Add egg mixture to dry ingredients. Mix for 1-2 minutes on medium speed until dry ingredients are moistened. **DO NOT OVERMIX.**
4. Pour batter on a 9-1/2 x 13 x 1 inch pan lightly coated with pan spray.
5. Bake until lightly browned:
Conventional oven: 400° F for 30-35 minutes. Convection oven: 350° F for 20-25 minutes.
6. Remove from oven. Cool for 10 minutes.
7. Cut each pan 5 x 5 (25 pieces per pan).
8. Serve 1 piece (about 2" x 2-1/2").