

Corn Bread

Preheat oven to 425° .

Mix: the first 5 ingredients in Bosch mixing bowl.

1 Cup whole wheat flour or white flour

1/2 Teaspoon salt

4 Teaspoons baking powder

1 Cup cornmeal or freshly ground popcorn

1 Tablespoon sugar

Blend: milk, oil and egg in Blender and liquidize.

1 Cup milk

3 Tablespoons cooking oil

1 egg

Pour: Blender mixture into dry ingredients and mix on **low speed** only until dry ingredients are all moist.

Spoon: into well-greased 9X9 baking dish and bake for 20 minutes at 425°

Note: *Popcorn contains less starch than field corn and makes a better corn bread.*

Kitchen Resource

180 West 500 North North Salt Lake, UT 84054 801-383-1920 fax 801-383-1941