

Recipe Corn Bread

from the kitchen of _____

1 1/4 c. flour

1/2 tspn salt (opt.)

3/4 c. corn meal

1 c. skim milk

1/4 c. sugar

1/4 c. vegetable oil

2 tspn. baking powder

2 egg whites or 1 egg, beaten

Heat oven to 400°F, Grease 8" or 9" baking pan.

Combine dry ingredients. Stir in milk, oil, & egg, mixing just until dry ingredients are moistened. Pour batter into prepared pan. Bake 20-25 minutes or until light

golden brown, and wooden pick

inserted

near center comes out clean.

serves

9 serves

