

NEW SOUTHERN CORNBREAD

2 CUPS SELF-RISING CORNMEAL, WHOLE GRAIN
1 ½ CUPS 1% MILK
2 TBS CANOLA OIL
1 TBS SUGAR
1 EGG

Heat heavy greased iron skillet in a 425 degree F. oven or spray vegetable spray in muffin pans.

Blend all ingredients and pour into skillet or pan.

Bake for: 20-25 minutes 10 inch skillet
15-20 minutes 2 muffin pans

Makes 12 servings

Calories 125

Carbohydrates 19 grams

Fat 4 to 5 grams

Exchanges 1 starch (or carbohydrate choice) and 1 fat