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