



CORNBREAD

SUBMITTED BY: Heather Panchyshak – RN, Pediatrics

So great with so many comfort foods. My daughter makes it for us often.

DIRECTIONS:

INGREDIENTS:

- 1 1/2 cups cornmeal
- 1 1/2 cups buttermilk
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 3/4 tsp baking soda
- 3/4 tsp salt
- 8 Tbsp unsalted butter, melted
- 2 (4 oz) containers unsweetened applesauce
- 1/4 cup - 1/2 cup granulated sugar
- 3 Tbsp (45ml) honey
- 3 large eggs

1. In a large mixing bowl, whisk together cornmeal and buttermilk until well blended, allow to rest at room temperature for 30 minutes.
2. Meanwhile preheat oven to 375 degrees. Butter a 13 by 9-inch baking dish, set aside.
3. In a mixing bowl, whisk together flour, baking powder, baking soda and salt, set aside.
4. Add melted butter, applesauce, sugar, honey and eggs to cornmeal mixture and whisk until well combined.
5. Stir in dry ingredients and whisk just until combined (small lumps like pancake batter are fine).
6. Pour mixture into prepared baking dish, spread into an even layer and bake 26 - 30 minutes until toothpick inserted in center comes out clean.
7. Cool on a wire rack 5 - 10 minutes before slicing.