



Low Cost Recipes

Corn Bread Serves 9

- 1 1/2 cups all-purpose flour
- · 1 cup yellow or white cornmeal
- 1/2 cup sugar
- 2 tbsp + 2 tsp skim milk powder + ½ cup water or ½ cup milk
- 1 tbsp baking powder
- 1 teaspoon salt
- 1 1/2 cups water
- 1/2 cup vegetable oil
- 1 egg, slightly beaten
- 1. Combine flour, cornmeal, sugar, non-dairy milk, baking powder, and salt in large bowl; stir well.
- 2. Stir in water, vegetable oil, and egg mixture, until just blended.
- 3. Pour into small deep rectangular pan. Bake for 20 to 25 minutes in preheated oven at 400°F. Serve warm.

Tip: As a variation try baking recipe in a greased muffin tray for individual mini cornbreads. This way it's pre-portioned and great for kids but also easy to freeze leftovers!