

Healthy Cornbread



Course : Side Dish
Categories : Whole grain
Source : www.livingupwell.com

Serving size : 8-10 servings
Preparation time : 10 mins
Cooking time : 30 mins

Ingredients

1 cup Cornmeal
1 cup Whole Wheat Pastry Flour
½ cup Canned Corn - juice drained from corn
1/8-1/4 cup Finely chopped Jalapenos (I like Mt-Olive Canned, sliced jalapenos)
¾ tsp Salt
1 tsp Baking soda
¼ cup Honey
1 cup plain Greek yogurt - I use Faye
¾ cup Low-fat buttermilk
2 Eggs, beaten (2 tablespoons ground flaxseed and 6 tablespoons water mixed together)
2 tsp coconut oil/grass-fed butter

Directions

Preheat oven to 400°F

- 1) Lightly grease the bottom and sides of an 8 inch round cast iron skillet with coconut oil. Alternatively, you can use a greased 8x8 inch baking pan.
- 2) In a large bowl, combine the cornmeal, flour, baking soda and salt. In a medium bowl, add the two eggs and beat until broken.
- 3) Mix in the buttermilk and honey until just incorporated. Add the thinly chopped jalapenos and corn. Pour this wet mixture into the dry flour mixture. 4) Use a spoon or spatula to fold in ingredients until just combined. Be careful not to over mix, if you stir too much your cornbread will be dense and not fluffy.
- 5) Pour mixture into the cast iron skillet and gently spread to evenly coat the bottom of the pan. Bake for approximately 20 -25 minutes or until the center of the bread springs back when gently pressed. Remove from oven and cool for 5 minutes before slicing and serving.

Notes

Nutritional facts per serving (daily value): Calories 192.449kcal; Protein 5.855g (12%); Total Fat 2.837g (4%) (Sat. 1.181g (6%)); Chol. 49.621mg (17%); Carb. 34.207g (11%); Fiber 2.118g (8%); Sugars 12.348g; Calcium 79.846mg (8%); Iron 1.084mg (6%); Sodium 441.449mg (18%); Vit. C 1.25mg (2%); Vit. A 157.773IU (3%); Trans fat 0g