

Delicious Cornbread

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| 2 C | Cornmeal |
| 1 1/2 C | Unbleached white flour or oat flour |
| 1 C | Whole wheat pastry flour |
| 2 tbsp | Soy flour (optional) |
| 1 1/2 tsp | Salt |
| 1/4 C | Oil |
| 2 1/2 C | Warm water |
| 1 tbsp | Dry yeast |
| 2 tbsp | Honey |

- Mix all DRY ingredients EXCEPT YEAST thoroughly.
- Mix water, honey and yeast in separate bowl.
- Let yeast rise 10 minutes.
- Then stir into flour mixture.
- Pour into a sprayed iron skillet and bake at 350 degrees for 40 minutes, or until golden brown and hollow to the tap.

Serving Suggestions:

- This cornbread is great served with any of our beans or entrees.
- It is delicious crumbled on top of soup, or even lightly over a salad.
- Crumble onto the bottom of a bowl and top with hot beans or spaghetti sauce for a real Mediterranean treat.
- It's great with non-hydrogenated margarine for breakfast, along with any scrambled tofu recipe.