

## Double Corn Bread

### Ingredients:

1 cup cornmeal  
 1/2 cup all-purpose flour  
 4 teaspoons baking powder  
 2 eggs, or egg substitute  
 1/2 cup fat-free sour cream  
 2 tablespoons canola oil  
 8 ounces creamed corn  
 Non-stick spray

### Equipment:

Large and Small Mixing bowl  
 Muffin tin or cast iron skillet  
 Mixing spoons  
 Measuring cups  
 Measuring spoons  
 Can opener

Number of Servings: 12  
 Prep Time: 40 minutes  
 Total time: 40 minutes

### Directions

1. Preheat oven to 425°F. If using iron skillet, place skillet in oven to heat. Or spray muffin tins or 9" x 9" pan, with nonstick baking spray. Set aside.
2. Combine cornmeal, flour, and baking powder in large mixing bowl. Mix well.
3. Crack the eggs one at a time into a glass and check for shells and freshness. if it is OK, add to a small bowl. Can use egg substitute.
4. Add sour cream, oil, and creamed corn to eggs and mix well.
5. Add corn mixture to dry ingredients and stir only enough to dampen flour.
6. If using iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick baking spray.
7. Spoon batter into muffin tin or pan. Spray top lightly with baking spray.
8. Bake muffins for 20 minutes, pan or skillet bread for 25 minutes.
9. Remove from oven and serve warm. Cut bread into 12 servings.

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### Nutrition Facts

Serving Size: 1 muffin

Servings: 12

#### Amount Per Serving

Calories 114      Calories from Fat 27

%Daily Value\*

Total Fat 3g      5%

Saturated Fat trace 1g      1%

Cholesterol 0mg      0%

Sodium 236mg      12%

Total Carbohydrate 18g      6%

Dietary Fiber 1g      5%

Protein 4g      7%

Vitamin A 5%      Vitamin C 1%

Iron 6%      Calcium 11%

\*Percent Daily Values are based on a 2,000 calorie diet.

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