



Excellent and Healthy Cornbread

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

12

Description

This healthy cornbread recipe contains no oil and tastes very very good Serve warm with honey butter or margarine

Ingredients

- - 1 cup unbleached flour - 1 cup cornmeal - $\frac{1}{4}$ cup white sugar - 1 teaspoon baking soda - $\frac{3}{4}$ teaspoon salt - 1 cup plain nonfat yogurt - 2 large eggs
- beaten

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease an 8-inch square baking pan. Whisk flour
2. cornmeal
3. sugar
4. baking soda
5. and salt together in a large bowl. Stir in yogurt and eggs until just combined; do not overmix. Pour batter into the prepared pan. Bake in the preheated oven until the center springs back when lightly pressed
6. 20 to 25 minutes.