

Cornbread

Vital Vittles Cookbook
by Heather Leno

PREHEAT oven to 425 degrees.

1 c. whole wheat pastry flour
1 c. whole grain cornmeal
2 T. unrefined cane sugar
1 T. golden flaxseed meal
2 t. Rumford's Baking Powder
½ t. salt

COMBINE dry ingredients.

1¼ c. soy milk
2-3 T. mild olive oil

EMULSIFY liquids.
MIX with dry ingredients just enough
to moisten.

FILL Pam-sprayed pans.
BAKE 20 minutes for muffins and
20-25 minutes for 8"x 8" pan.