W\Wholehearted Yoga

Corn Bread

Ingredients:

34 cup flour

34 cup cornmeal

⅓ cup sugar

¼ tsp salt

2 TBS butter- cut into small cubes

1 cup buttermilk

1 tsp baking soda

1 egg

Instructions

- 1. Preheat oven to 425 degrees.
- 2. Mix dry ingredients together. Mix in the butter.
- 3. Dissolve baking soda in buttermilk. Beat egg and add to buttermilk. Add to the dry ingredients and mix well.
- 4. Bake in bread or cake pan for 20-25 minutes at 425 until lightly brown.

The story behind this recipe. We have been making this reliable recipe for over 20 years. It is always a hit. Serve alone or with honey.