



Cornbread

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 ¼ cups	cornmeal	1.5 L
2 ½ cups	whole wheat flour	625 mL
1 tsp	salt	5 mL
3 ½ tbsp	baking powder	50 mL
⅓ cup	maple syrup	75 mL
3 cups	milk	750 mL
5	eggs	5
1 ¼ cups	vegetable oil	310 mL
2 ½ cups	unsweetened applesauce OR plain yogurt	625 mL
Optional:	cheddar cheese, grated red peppers, finely chopped green onion, finely chopped	

Instructions

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine cornmeal, flour, salt, and baking powder (and cheese and/or vegetables, if using).
3. In a second bowl, whisk together wet ingredients.
4. Fold wet ingredients into dry ingredients, being careful not to over mix.
5. Line five rectangular baking pans (8 ½ X 4 inch / 20 x 10 cm) with parchment paper. For ease of removal, allow paper to hang over the edge of the pan on two sides.
6. Divide batter and press into pans with a fork.
7. Bake for 35 - 45 minutes until top is golden and firm and has started to pull away from the sides of the pan.

Nutrition Information

Serving 25 g (½ slice)

Calories 70
Fat 3.5 g
Saturated 0 g
+ Trans 0 g
Sodium 65 mg
Carbohydrates 10 g
Fibre 1 g
Sugars 2 g
Protein 1 g
Calcium 50 mg
Iron 0.5 mg

Food Guide Servings

½ Grain Product