CORN BREAD

INGREDIENTS

- 1 cup sifted all-purpose flour
- 1/4 cup sugar
- 3 teaspoons baking powder
- 3/4 teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup milk
- 1/4 cup vegetable oil

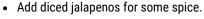


DIRECTIONS

- 1. Preheat oven to 425 degrees Fahrenheit. Grease 9x9x2 inch pan.
- 2. Combine flour, sugar, baking powder and salt. Add cornmeal and stir
- 3. Add eggs, milk and vegetable oil. Stir until mixed (do not over-mix) Pour into greased pan.
- 4. Bake for 20-25 minutes.
- 5. Cut into nine pieces.

TIPS

- Serve on the side of soup or stew dishes.
- Add whole corn kernels for texture.







This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaȟ'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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Nutrition Facts Serving Size 1 piece (80.73g) Servings Per Container 9	
Amount Per Serving	
Calories 180	Calories from Fat 4
Trans-	% Daily Value
Total Fat 5g	89
Saturated Fat 0).5g 39
Trans Fat 0g	
Cholesterol 20mg	g 79
Sodium 220mg	99
Total Carbohydra	ate 29g 109
Dietary Fiber 2	g 89
Sugars 6g	

Protein 5q

MISSOURI BREAKS



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

10%