

# Cornbread

**Yield:** depends on how hungry you are but about 12

**Prep time:** 10 min

**Total time:** 50 min

## Ingredients

ORIGINAL RECIPE HAS THIS:

½ cup of cornmeal

1 ½ cups of self raising flour

1 cup grated parmesan cheese

½ cup grapeseed oil (I used rice-bran oil – works just as well)

1 ½ cups of low fat milk/soy milk (ordinary milk works just as well)

small pinch of salt

4 egg whites or 3 whole eggs

I DOUBLED the original recipe

And added:

Small pinch of cayenne pepper

1 cup grated carrot

1 cup grated zucchini

½ cup chopped parsley

6 small spring onion bulbs finely chopped

## Directions

1. Preheat oven to 180 degrees
2. Thoroughly grease/spray a large cake tin/muffin tin (Muffins work well too.)
3. Put the cornmeal, flour, cheese, salt, cayenne pepper, vegetables into a large bowl and mix well together.
4. Put the eggs and about half the milk in another bowl and beat well. Add the rest of the milk and stir well.
5. Add the egg/milk mixture to the other ingredients and stir thoroughly. (Unlike muffin mix this can take thorough stirring.)
6. Pour into cake pan or muffin tins. (It will be fairly runny.)
7. Bake in oven until golden brown – cake size and shape I did took about 40 mins.
8. Cool on wire rack.

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