

Cornbread



Serving: 8 Prep Time: 10 minutes



Preparing Time: min



Total Duration: 30 minutes min

Ingredients

- ♦ 1 cup cornmeal
- ♦ 1 cup flour
- ♦ 1 egg
- ♦ 1 cup buttermilk
- ♦ 2 tbsp butter

Directions

- ♦ Heat skillet.
- ♦ Mix batter and pour into skillet.
- ♦ Bake until golden.
- ♦ Equipment: Cast-iron skillet
- ♦ Nutrition: Protein 5g, Carbs 27g, Fat 9g, Fiber 2g

Notes

Soft yellow cornbread baked in a skillet. Some families place a small coin in the batter for fun.

