

Whole Grain Pumpkin Cornbread

Ingredients:

1 cup whole grain flour (1 part spelt, 1 part barley, 1 part brown rice milled in the Nutrimill on fine)

1 cup cornmeal (we mill popcorn in the Nutrimill)

1 tablespoon baking powder

1 teaspoon salt

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/2 cup brown sugar

2 eggs

1 cup pumpkin puree

1/4 cup canola oil

2 tablespoons Xagave or honey (you can use 1 tablespoon molasses)



Directions:

1. Pre-heat oven to 400 degrees.
2. Mix all dry ingredients in a mixing bowl.
3. Mix all wet ingredients in a separate large mixing bowl.
4. Add dry ingredients into the wet ingredients and whisk together well.
5. Grease a 8×8 inch baking pan or cake pan.
6. Pour batter into baking pan and smooth.
7. Bake 25 to 28 minutes, until a toothpick comes out clean.

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