

LEMON-BLUEBERRY CORNBREAD

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Ingredients

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/3 cup sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 fresh lemon or 2 Tbsp lemon juice
- 1 cup milk
- 1 large egg
- 1/3 cup cooking oil
- 1 Tbsp butter
- 1/2 cup frozen blueberries

Directions

1. Preheat oven 425°F and coat a cake/brownie pan with butter, oil, or parchment paper.
2. In a large bowl stir together cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, mix together milk, oil, egg, and 2 Tbsp lemon juice. Pour the wet ingredients into the bowl with dry ingredients, stir until the mixture is completely moistened with minimal lumps.
4. Pour the mixture into the baking pan and sprinkle the frozen blueberries on top.
5. Bake the cornbread for 30-35 minutes, or until the top and sides are deep golden brown. Cool slightly, then slice and serve.

Nutrition Fun Facts

Corn bread contains whole-grains. Whole-grain foods provide needed fiber for the diet, which not only help regulate bowel movements but also absorb cholesterol and lower blood sugars as they move through the digestive system.