



# HONEY CORNBREAD RECIPE

## Harvey & Marilyn Diamond

### INGREDIENTS

Purchase Organic ingredients for each listed below. For example, organic cornmeal, organic whole grain flour, organic baking soda, etc.

AMOUNT	INGREDIENTS
<b>1 cup</b>	Yellow Cornmeal or ½ cup yellow cornmeal and ½ cup of Bran
<b>1 cup</b>	Whole Wheat Flour, though recipe lists Wheat, Oat Flour or other whole grain may be used instead. (Whole Wheat or other Grain " <b>Pastry</b> " Flour makes lighter cornbread).
<b>½ teaspoon</b>	Pink Salt from Advanced Clinical Nutrition
<b>1 teaspoon</b>	Baking Powder
<b>1 teaspoon</b>	Baking Soda
<b>¼ cup</b>	Raw Honey (local raw organic honey is best)
<b>1</b>	Beaten free-range egg
<b>1 &amp; 7/8 cups</b>	Buttermilk (organic)
<b>1 teaspoon</b>	Butter (raw, unsalted organic, such as Health Valley brand)
<b>2 cups</b>	Fresh or Frozen Raw Corn (optional). Fresh is always best. If Frozen, read package to assure that only corn is included. Unless ingredients specific state "sea salt" if corn and salt are listed, this is Sodium Chloride (like Morton's Salt) not organic sea salt.

### INSTRUCTIONS

This recipe is delicious whether it is prepared with or without raw corn. Prepare the recipe both ways and decide which you prefer.

1. Preheat oven to 375° degrees.
2. Combine dry ingredients in a glass or ceramic bowl. Then stir in liquid ingredients.
3. Do not overmix. Cornbread batter must be a little lumpy.
4. Pour batter into well-buttered 8-inch by 8-inch pan or muffin pan. (Do not use aluminum or teflon-coated pans).
5. Baking Time:
  - a. Without raw corn – bake for 30 minutes.
  - b. With raw corn – back for 55 minutes.
  - c. Note: Adjust baking time, if necessary as you want to bake until toothpick inserted in the center comes out clean.
6. Cool lightly. If you used a 8X8 inch square pan, cut into squares.

**NOTE:** The batter for this cornbread can be prepared hours in advance and refrigerated (covered) in the baking pan until 30 minutes before baking, if desired. Before preparing and/or consuming any bread, except Flatbread, read the PEP Education on "Bread Education" included with the Flatbread Recipe.

### MILK PRODUCT EDUCATION

Because buttermilk is fermented, it is a healthy milk product. However, to be healthy, buttermilk and recipes using buttermilk should be consumed sparingly, i.e., no more than once per week. If you have allergies, do not use recipes with even fermented milk products during allergy season. Fermented milk products are buttermilk, yogurt, sour cream, cream cheese and aged cheeses. Note: aged cheeses are the only type of cheeses that should be consumed. Choose White aged cheeses because unless the package indicates, the yellow color in yellow cheese is a dye/food coloring (chemical). Recipe from "Fit For Life" book by the Harvey and Marilyn Diamond.