

## **EARLY AMERICAN CORNBREAD**

From the kitchen of  
Perry & Caroline Beard

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Probably not your grandmother's cornbread, but maybe HER  
grandmothers':

An all-whole-grain cornbread with lots of other nutritious ingredients!

### **DRY MIX:**

**3 cups @:**

**Whole wheat flour**

**Cornmeal**

**6 Tbsp baking powder**

**2 Tbsp [sea or kosher] salt**

**+++++**

Keep this mixture made up &  
stored in a cool place – makes  
several batches like the one in the  
next column.

### **CORNBREAD INGREDIENTS:**

**1 cup Dry Mix**

**1 egg**

**2 Tbsp honey**

**1 cup buttermilk**

**3 Tbsp melted butter**

### **CORNBREAD PREPARATION:**

**Mix eggs, honey & buttermilk;**

**Fold in dry mix; pour in melted butter.**

**Pour all into a greased 8" cake or pie  
pan. Set into preheated 425° oven.**

**Bake for about 20 minutes; take out &  
serve.**