

Delicious Fat-Free Cornbread

Ingredients

1 Cup Enriched and
degraded Cornmeal
 $\frac{3}{4}$ Cup Whole Wheat Flour
 $\frac{3}{4}$ Cup Skim Milk
1 tsp. Baking Powder
1 tsp. Salt
 $\frac{3}{4}$ Cup Sugar
 $\frac{1}{2}$ Cup Fat-Free Plain Yogurt
2 oz Fat-Free Cream Cheese
cut into small pieces
5 Tablespoons Egg Whites

Recipe is entirely fat free.

Ingredient	Calories
Cornmeal	550
Flour	330
Egg Whites	125
Sugar	658
Yogurt	40
Cream Cheese	60
Skim Milk	60
Total:	1823
Each Serving:	152

Directions

1. Preheat oven to 350 degrees.
2. Mix the dry ingredients in a bowl.
3. Mix the wet ingredients in a bowl.
4. Combine the wet and dry ingredients and mix well.
5. Lightly spray a 10-inch x 7-inch dark rectangular pan with cooking spray.
6. Pour the batter into the pan.
7. Bake for 30 minutes.
8. Remove from oven and allow to cool for 10 minutes before cutting.

Yield: 12 servings

