

Aunt Bea's Sweet Cornbread



Bring a little of Aunt Bea's farm supper to your table!

TOOLS



- 8-inch round baking pan
- Two mixing bowls
- Measuring cups and spoons
- Large mixing spoon and fork
- Wooden toothpick and oven mitts

INGREDIENTS



- 1¼ cups all-purpose flour
- ¾ cup cornmeal
- ¼ cup white sugar
- 2 teaspoons baking powder
- ½ teaspoon salt (optional)
- 1 cup milk
- ¼ cup vegetable or canola oil
- 1 egg, beaten
- ¼ cup honey
- Shortening or cooking spray, for greasing

LET'S BAKE!



A grown-up should handle the oven and hot pan.

- 1 Preheat oven to 400°F (375°F convection).
- 2 Grease the baking pan and set aside.
- 3 In one bowl, combine flour, cornmeal, sugar, baking powder, and optional salt.
- 4 In the second bowl, combine milk, oil, beaten egg, and honey.
- 5 Add wet ingredients to dry. Stir just until moistened. Do not overmix—the batter will be lumpy.
- 6 Pour batter into the prepared pan.
- 7 Bake approximately 20 minutes, until lightly golden and a toothpick inserted in the center comes out clean.

Serve warm, with butter if you like.

LITTLE HELPERS



Children can help measure, combine dry ingredients, and stir with a grown-up.



Welcome to Aunt Bea's Farm

