

Kickin' Kornbread

Submitted by Michelle Broussard-Hanes

Provides a bit of a Breakfast Boost!

Dry Ingredients:

- 1 cup Cornmeal
- 1 cup All Purpose, Unbleached Flour
- 4 tsp Baking Powder
- ½ tsp salt
- 1 tsp Red Pepper Flakes

Wet Ingredients:

- 1 cup Soymilk
- ¼ cup Safflower Oil
- ½ cup sliced Jalapeños, finely chopped
- 2 heaping TBSP Trader Joe's Chipotle Salsa
- 1 TBSP local honey (Week's Wildflower Honey)
- ½ cup frozen corn, microwaved for about 2 minutes

Egg Replacement Liquid:

- 5 TBSP of hot water
- 3 level tsp ENER G Egg Replacer (can be purchased at Kroger and Health Food Stores—Good Nutrition in Woodstock sells it)
- 2-3 TBSP of Soy milk

Directions:

Preheat oven to 425 degrees. In a large bowl, mix all dry ingredients together very well so the Baking Powder is well integrated. In a separate bowl, mix liquid/"wet" ingredients together, and then add to the dry ingredients. Blend well. In a deep bowl, whisk in, a little at a time, the Egg Replacer into the hot water. It will instantly firm-up. You may add up to 2-3 more TBSP of Soy Milk to loosen the egg replacement liquid.

Stir in the egg replacement liquid to other ingredients. Spray a black iron skillet with cooking spray and immediately pour in the cornbread batter. Bake for 25-30 minutes, until the cornbread "domes" and turns a nice golden shade. DO NOT OPEN THE OVEN DOOR WHILE CORNBREAD IS BAKING. Note: Egg replacers can be finicky to work with, so never change the temperature or adjust baking conditions as your recipe will most probably cave in.

"Fasting lifts prayer to Heaven!" St Basil the Great