

SOUL HEALTHY CORNBREAD



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SERVINGS: 12 SQUARES | **SERVING SIZE: 1 SQUARE**

★ **Calories:** 145 **Total Fat:** 3g **Saturated Fat:** 0g **Sodium:** 239mg **Carbohydrates:** 27g **Fiber:** 1g **Protein:** 4g

INGREDIENTS

- Cooking oil spray
- 1 cup cornmeal
- 1 cup all-purpose flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup plain, low-fat yogurt (or low-fat, plain Greek yogurt)
- ½ cup applesauce, unsweetened
- 2 eggs (or 4 egg whites)
- 2 tablespoons cooking oil (vegetable, canola, or olive)

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Lightly spray an 8-inch square pan with cooking spray.
3. Mix dry ingredients in a medium-sized mixing bowl.
4. Add the rest of the ingredients and mix with a big spoon or spatula.
5. Pour the batter into the sprayed pan and shake to make it level.
6. Bake for 25 minutes or until a toothpick inserted in the center of the bread comes out clean.
7. Allow to cool and cut into 12 squares.

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