

# Mixed-Grain Corn Bread

*Kathy Inboden*

*Silverdale Chamber Of Commerce Favorite Recipes - 1991*

## **Servings: 8**

*1 1/3 cups yellow corn meal  
2/3 cup whole wheat flour  
1/4 cup wheat germ  
2 tablespoons sesame seeds  
2 tablespoons grits  
2 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
1/2 cup cooking oil  
2 cups buttermilk*

Preheat the oven to 400 degrees.

In a bowl, stir together the corn meal, flour, wheat germ, sesame seeds, grits, baking powder, baking soda and salt.

In a bowl, beat together the cooking oil and egg. Add the buttermilk. Stir the buttermilk mixture into the dry ingredients, blending until moistened.

Turn into a greased 9x9x2-inch pan or ten-inch oven-going skillet.

Bake for 25 minutes.

If desired, broil for 1 or 2 minutes, until golden.

Serve warm.

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Per Serving (excluding unknown items): 224 Calories; 16g Fat (64.4% calories from fat); 6g Protein; 15g Carbohydrate; 2g Dietary Fiber; 29mg Cholesterol; 438mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.