



village health clinic

naturopathic medicine & midwifery care

Cornbread

- 1 c. flour mix (a light rye, kamut, and spelt mixture works best)
- 1 c. cornmeal (try to find organic with germ still in it = better flavour & healthier)
- 1/4 c. sugar (can be completely eliminated or reduced as necessary)
- 1 t. salt
- 3 t. baking powder
- 1 c. milk or substitute (even water can be used, but texture suffers)
- 1 egg or equivalent substitute
- 1/4 c. oil

Blend dry ingredients. Mix wet ingredients, and add to dry, blending with a few swift strokes. Batter will be lumpy. Do not overmix. Bake in lightly greased muffin tin for 10-12 min. at 400 degrees. I don't recommend using muffin papers. Also yummy with blueberries, feta cheese, salsa, etc.

Baking Powder Biscuits

- 2 c. flour mix (a light rye, kamut, and spelt mixture works best)
- 4 t. baking powder
- 1/2 t. salt
- 1/2 t. cream of tartar
- 1/2 shortening
- 2/3 c. milk or plain soy or ricemilk

Combine all dry ingredients. Cut in shortening with a fork until it resembles coarse crumbs. Add milk all at once. Stir only until dough follows fork around the bowl. Turn out on floured board and knead gently for a minute. Dough made with alternative flour tends to be sticky-that's okay. Just don't try to use a rolling pin! Flatten dough gently with your hands 'til about 1/2" thick and use cutter or glass to cut into biscuits. Place on ungreased pan or tray and bake at 450 degrees, 10-15 minutes (depends on size of rounds).