

I make this cornbread with an amazing cornmeal made from heritage Abenaki Flint corn from an organic farm in New England.

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- 1/4 cup maple sugar
- 1 Tbsp. baking powder
- 1/2 teaspoon sea salt
- 1 cup milk
- 1/4 cup high-quality oil
- 1 large egg

Pre-heat the oven to 375°F. Grease an 8-inch square cake pan.

Combine the flour, corn meal, maple sugar, baking powder and sea salt in a mixing bowl. In a separate bowl, whisk the milk, oil and egg together until well blended.

Add the wet ingredients to the dry, mix just until the dry ingredients are moist.

Pour into pan and bake for about 20 minutes or until a toothpick comes out clean.