

Blueberry Corn Bread



1 cup/250 ml flour, sifted
¾ cup/180 ml cornmeal
3 tablespoons/45 ml sugar
1 teaspoon/5 ml baking powder
¾ teaspoon/4 ml salt
1 cup/250 ml blueberries, fresh or frozen
1 egg
2/3 cup/160 ml milk, or plain regular yogurt (not thickened)
1/3 cup/80 ml vegetable oil

Grease or spray 8" / 20cm square baking pan or 9" x 4" inch/23 cm x10 cm loaf pan. Preheat oven to 425F /220C.

In bowl, mix flour, cornmeal, sugar, baking powder and salt. Stir in blueberries. In small bowl beat egg; add milk and oil, mix. Pour all at once into flour mixture. Stir just until dry ingredients are evenly moistened. Pour batter into pan.

Bake 25 minutes or until golden. Cool on rack. Cut into squares or slices. Can be frozen.