



Veggie Jalapeno Cornbread

Preheat oven to 385°F

Combine and set aside:

1.5 Cups flour

1.5 Cups cornmeal

2 Tbsp baking powder

Beat together in a large bowl:

2 egg whites (preferable to use egg substitute such as ½ mashed banana, ½ cooked mashed yam, or Ener-G egg replacer)

½ Cup applesauce (no sugar added)

¾ Cup Knudson's low sodium vegetable juice

¾ Cup soy milk

2 Cups frozen mixed vegetables (thawed)

½ Cup fresh chopped jalapenos

Fold beaten ingredients into flour mixture, just until moistened.

Spoon into wax paper lined and Pam sprayed bread pans.

Bake in preheated oven for 35-45 minutes.

Makes 2 loaves. Can be frozen until ready to use.