

Reduced-Sodium Cornbread

9 servings

Ingredients

- 28 g unsalted butter (melted for batter)
- 28 g unsalted butter (for greasing pan)
- 1 large egg
- 60 g Oikos Greek yogurt (plain, unsweetened)
- 240 ml 7-11 糖質 75%オフ 調整豆乳 (soy milk), divided
- 10 g canola oil
- 120 g corn meal or corn grits (*see below*)*
- 130 g all-purpose flour
- 15 g sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt



Instructions

1. Preheat oven to **200°C**.
2. Melt **28 g butter** in 23×23×5 cm baking pan on stove.
3. Skip this step if using finer cornmeal
Pre-soak grits/cornmeal in 120 ml very hot soy milk for 10–15 minutes
4. In a bowl, whisk **egg, yogurt, 120 ml soy milk**, and **canola oil**.
5. In a separate bowl, whisk **cornmeal, flour, sugar, baking powder, baking soda**, and **salt**.
6. Add wet ingredients and **melted 29 g butter** to dry ingredients; stir gently.
7. Pour into the buttered pan.
8. **Bake 17-18 minutes** or until golden and a toothpick comes out clean.
9. Cool 15 minutes before slicing.

Nutrition (per 9 servings)

Kcal: 208 | Protein: 4.7 g | Fat: 10.6 g | Sat Fat: 4.9 g | Carbs: 23.3 g | Sugars: 2.8 g | Fiber: 1.3 g | Sodium: 165 mg | Omega-3: 0 g

Total Nutrition

Total batch: 1875 kcal | Protein: 42 g | Fat: 95 g | Sat Fat: 44 g | Carbs: 210 g | Sugars: 25 g | Fiber: 12 g | Sodium: 1480 mg | Omega-3: 0 g

Notes

- **Pre-soaking larger particle grits prevents dryness; finer types do not need to be presoaked.*
- Soy milk adds creaminess and mild sweetness.
- For even more moisture: add 10–20 ml extra soy milk if batter is too thick.
- Cut into 9 squares for ideal portion size.