**Homemade Healthy Corn Bread 4 – 6**

**Coconut Oil instead of Butter**

**for 8”x 8” square baking pan**

**Ingredients**

coconut oil 1/4 cup  
maple syrup 1/4 cup  
corn grits 1 cup  
flour 1 cup  
egg 2  
milk 1 cup  
vinegar 1/2 tbs  
salt a dash  
baking soda 1/2 tbs

**Direction**

1. Preheat oven 320℉/ 160℃.
2. Add vinegar to milk, and stir.
3. Place parchment paper at the bottom of the baking pan.
4. Melt coconut oil in microwave if needed.
5. In a bowl, put melt coconut oil, maple s syrup, egg, milk with vinegar, then stir them with a whisk.
6. Add flour, corn grits, salt, baking soda in to the bowl and blend well.
7. Pour them into a baking pan
8. Bake about 30 minutes and serve.