

# Cleo Coyle's Tender, Sweet Breakfast Cornbread

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*If you're tired of dry, grainy cornbread, this is the recipe for you. It produces a sweet breakfast (or coffee break) bread that's tender and tasty. The orange zest is optional, but I love the fragrance that it brings to the breakfast table. May you bake it with joy! ~ Cleo*

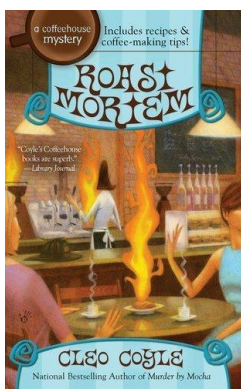
**Makes one 8- or 9-inch square pan of cornbread**  
(This recipe will also work with a 7 x 11-inch pan.)

- 1 large egg
- 1/2 cup milk (whole, 2%, or skim)
- 1/2 cup sour cream (regular or low fat)
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1/4 cup canola (or vegetable) oil
- 1-1/2 cup all-purpose flour (for more fiber and nutrition I often use "white whole wheat flour,"  
Read more by [clicking here.](#))
- 1/2 cup yellow cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- (optional) 1 tablespoon orange zest (grated orange peel, no white pith)



**One bowl mixing method:** First preheat the oven to 350° Fahrenheit. In a mixing bowl, whisk together egg, milk, sour cream, sugar, salt, and oil. When the mixture is well blended and the sour cream smoothly incorporated, measure in flour and cornmeal. Evenly sprinkle over the baking powder and soda. If using, add orange zest now. Switching to a spoon or spatula, mix to create a lumpy batter. Do not over-mix or you'll develop the gluten in the flour and your cornbread will be tough instead of tender.

**Bake:** Prep an 8- or 9-inch square pan by coating with non-stick spray (or buttering and dusting with flour). Pour batter into pan and spread into an even layer. Bake in preheated oven for about 25 minutes. When a toothpick inserted in the center comes out clean, remove from oven. Cool, cut, and...



*Eat with Joy! ~ Cleo Coyle,  
author of the Coffeehouse Mysteries*

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