

# Blue Corn Pan Bread

This traditional Native American dish uses blue cornmeal and sprouted wheat. Many health benefits have been noted for different sprouted grains, and the ingredient can be purchased already sprouted or you can sprout the wheat on your own at home.

Makes: 12 servings  
 Prep Time: 10 minutes  
 Cook Time: 2 hours

Source: MyPlate.gov, Blue Corn Pan Bread

## Ingredients

- 3 cups water
- 2 cups blue cornmeal (yellow may be used)
- 1 cup cornmeal (yellow)
- 3/4 cup raisins
- 1/2 cup sprouted wheat
- 1/3 cup brown sugar

## Directions

1. Preheat oven to 300 degrees. Line 8x8 inch cake pan with foil.
2. Bring water to boil in a large pot. Add each ingredient, one at a time.
3. Stir well until mixture is smooth and pour into foil-lined cake pan. Cover with a piece of foil.
4. Bake for 2 hours. Bread is done when toothpick inserted in center comes out clean.

## Utensils Needed

- 8x8 inch cake pan
- Large pot
- Measuring cups
- Stirring spoon



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 piece approx. 2x2.5"

Nutrients	Amount
Calories:	182
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	N/A
Sodium:	11 mg
Total Carbohydrates:	40 g
Dietary Fiber:	3 g
Total Sugars:	12 g
Added Sugars:	6 g
Protein	4 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$20.97

Average cost/serving: \$1.75

Recipe makes: 12 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Blue Cornmeal (2.2 lb. bag)



Add 1 to Cart  
Raisins (15 oz.)



Add 1 to Cart  
Yellow Cornmeal (24 oz.)



Add 1 to Cart  
Wheat Grains (1 lb. bag)



Add 1 to Cart  
Brown Sugar (2 lb. bag)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- To sprout wheat on your own: Wash untreated wheat grains; drain but do not dry. Spread in a single layer in shallow pans and cover with damp cloths. Keep damp in a warm, dark place.

### Similar Recipes

- Consider trying similar recipes found on [snapedny.org](http://snapedny.org), such as:
  - Cheesy Spinach Cornbread
  - Sweet Carrot Bread
  - Whole Wheat Quick Bread