

Lo Salt Jiffy Cornbread Modified

2/3 cup flour  
1/2 cup cornmeal  
3 tbsp sugar  
2 tsp Hain sodium free baking powder (can be found on Amazon)  
2 tsp vegetable or olive oil  
1 egg  
1/3 cup milk

Preheat oven to 400 degrees F, bake muffins 15-20 minutes or in a pan for 20-25 minutes. Toothpick inserted should come out clean. Approx 16 mg of sodium.