

RECIPE OF THE MONTH: CORN CAKES

a favorite from the kitchen of Elaine Albertson



These tasty griddle cakes are wonderful topped with beans or steamed veggies. Your imagination is the limit. Enjoy!

1 cup whole wheat pastry flour	1/2 cup yellow cornmeal
1 Tbsp granulated sugar	2 tsp baking powder 1/2 tsp salt
1 1/3 cups non-dairy milk	2 Tbsp ground flax seed
1 Tbsp melted margarine	2 cups whole kernel corn

Combine flour, cornmeal, sugar, baking powder and salt. Mix together milk, margarine and flax. Add to dry ingredients, stirring well. Add corn and stir. Lightly coat a griddle or frying pan with a small amount of oil and heat over medium heat. (Omit oil if using non-stick surface.) Spoon batter onto griddle to make 4-inch cakes. Cook until golden brown on each side. To make sure they are cooked through, make a slit in the center and check to make sure they are not doughy inside. Makes about 12 griddle cakes. Top with your favorite topping for breakfast, lunch or supper. Yum!