

Cream of Wheat Bread

A Nutritious Delicious Alternative to Corn Bread



**1 Cup Unbleached
Flour**

3/4 Cup Cream of Wheat or Farina

1/2 Cup Sugar

2-1/2 Teaspoons Baking Powder

3/4 Teaspoon Salt

1 Egg (beaten)

3/4 Cup Milk

1/3 Cup Cooking Oil

Preheat Oven to 400

In a large mixing bowl stir together the Cream of Wheat, flour, sugar, baking powder, and salt. In separate small bowl mix egg, milk and oil together. Add egg mixture to flour mixture. Stir just until moistened. Batter should be a little lumpy. Grease pan. Pour batter in pan. Bake about 30 minutes or until done.



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Blueberry Cream of Wheat Muffins:

Prepare Recipe above. Use muffin pans instead of cake pan. Before pouring batter in pan. Fold 1/4 cup Blueberries into batter. Makes 10 to 12 muffins.



Apple-Raisin Cream of Wheat Muffins

Prepare Recipe above, except stir 1/2 teaspoon ground cinnamon into the flour mixture. Fold 1 cup chopped peeled apple and 1/4 cup raisins into batter.



Zakiyah's Muslim-style Stuffing

Prepare 1 Cream of Wheat Bread Recipe. Toast 7 slices of whole wheat bread. Let All Bread cool. Crumble Cream of Wheat Bread and Toast into large mixing bowl. Add 2 Cups finely chopped celery, 2 medium-sized onions (finely chopped), 3 Tablespoons Ground Sage, 1/2 teaspoon ground pepper, 1 Egg, and 3 cups Chicken or Vegetable Broth to Bread. Mix well. Bake in 13x9x2-inch baking pan at 400 until slightly firm. Serves 10 to 12 people.



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