Protein-Rich Cornbread Recipe

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This isn’t your average cornbread.

With twice as much protein as normal cornbread, just enough sugar to feel indulgent (but not dessert-like), it lands squarely in the middle of the cornbread spectrum: Not savory enough for hardcore Southern purists. Too tangy to be a dessert bread. The yogurt adds moisture and balance, making this recipe as welcome alongside a bowl of chili as it is next to a pat of honeyed butter. Satisfying, protein-rich, and comforting without tipping into sugar overload, this is the kind of everyday bake that feels like a win.

INGREDIENTS (SERVES 8)

- 1 cup organic yellow cornmeal
- 1 cup organic all-purpose flour
- **?** cup organic sugar *(just enough to balance the tang)*
- 1 tsp baking powder
- 1 tsp baking soda
- 2 large eggs
- 1¼ cups plain organic (unsweetened) yogurt
- ¼ cup (½ stick) butter, melted and cooled

INSTRUCTIONS

1. **Preheat** your oven to 375°F.
2. **In a large bowl**, whisk together the cornmeal, flour, sugar, a dash of salt, baking powder, and baking soda.

3 **In a separate bowl**, whisk the eggs into the yogurt, then stir in the melted butter.

4. 4 **Combine wet and dry ingredients** and stir gently until just mixed. Don’t overmix.
5. 5 **Grease your skillet or muffin tin.** Pour in the batter.
6. 6 **Bake** for 20–22 minutes, or until golden and a toothpick comes out clean.
7. 7 **Cool slightly, slice generously, and serve warm** with salted butter, honey, or alongside something spicy like chili.

Nutrition per serving: 253 calories, 5.5g protein, 8.7g fat, 38g carbs, and 1.25g fiber

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