

Breakfast Cake

Serves 9-12

1 c. corn flour, stirred*
 $\frac{2}{3}$ c. white whole-wheat flour
 $\frac{1}{3}$ c. whole-wheat pastry flour
3 T. sugar
2 t. baking powder
 $\frac{1}{2}$ t. salt

COMBINE dry ingredients, mixing well.

*If corn flour is not available, blend cornmeal in blender until fine like flour.

$1\frac{1}{2}$ c. soy milk
 $2\frac{1}{2}$ T. oil
1 t. vanilla

Sucanat
Maple syrup

EMULSIFY liquids together.

COMBINE with dry ingredients to make smooth batter.

POUR into Pam-sprayed 8"x 8" pan.

SPRINKLE with Sucanat.

DRIZZLE with maple syrup.

SPRAY top with food-release spray.

PREHEAT oven to 425°.

PUT cake into oven and **TURN to 350°.**

BAKE 30 minutes or until done in center.