

MEALIE BREAD LOW GI

1. PAPRIKA TO SPRINKLE IN PAN
2. 2 TBSP CAKE FLOUR
3. 4 TBSP SUGAR SYRUP
4. 150 ML MAIZE MEAL
5. 100 ML OAT BRAN
6. 1.5 TSP BAKING POWDER
7. 0.5 TSP SALT
8. 1 TBSP CANOLA OIL
9. 3 EGGS
10. 125 ML LOW FAT MILK OR SKIMMED MILK.
11. 1 CAN CREAM STYLE SWEET CORN

METHOD

1. SPRAY OR GREASE PAN AND SPRINKLE PAPRIKA
2. MIX ALL DRY INGREDIENTS
3. MIX OIL, EGG AND MILK AND ADD TO DRY STUFF
4. ADD SWEETCORN AND MIX WELL
5. MICROWAVE AT 70% FOR TWELVE MINUTES
6. MICROWAVE AT 100% FOR TWO MINUTES
7. ALLOW TO STAND FOR TEN MINUTES