

CHEDDAR CORNBREAD BLT



INGREDIENTS:

- 2 tbsp fine ground cornmeal
- 2 - 4 tbsp boiling water
- 2 tbsp unsweetened nut/plant milk
- 1 egg
- 1 tbsp apple cider vinegar
- 2 tbsp all purpose flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp stevia
- ¼ tsp salt
- 1 oz fat free cheddar cheese
- 1 oz (2 slices) turkey bacon (cooked)
- Handful of lettuce
- 2 - 3 medium slices of tomato

DIRECTIONS:

- 1) Preheat a frying pan or griddle to medium-high heat
- 2) Pour boiling water over cornmeal and stir until thick
- 3) Whisk in the milk, vinegar, and egg
- 4) Combine the flour, baking powder, baking soda, salt, and stevia in a medium bowl. Stir this into the cornmeal mixture
- 5) Mix in cheese
- 6) Transfer the batter to a measuring cup for easy pouring
- 7) Pour batter onto the griddle sprayed with nonstick spray. You can make one big "pancake" or do this in two batches
- 8) Let it cook for about 3-4 minutes
- 9) Flip when bubbles appear and when it feels set as you run a spatula underneath the pancake(s)
- 10) Cook on the other side for about 1 minute
- 11) Remove from heat and onto plate
- 12) Make the sandwich! Add 1 tsp of condiment of choice (optional), bacon, lettuce, and tomato
- 13) Serve right away!

Enjoy!

Makes 1 Serving

Calories: 285 | Protein: 21 g | Carbs: 30 g | Fat: 9 g | Fiber: 2 g