**Cornbread Grits**

Try these tasty grits as a great alternative to a cornbread muffin. Honey and brown sugar highlight this recipe that is a great addition to a texture-modified diet.

**Preparation:**
1. Gather all ingredients and equipment.
2. Toast grits and cornmeal in a medium-sized pot over medium heat, stirring frequently so grits do not burn. Cook until golden brown and fragrant (about 2-3 minutes). Set grits aside in a small bowl.
3. In the same medium pot, bring almond milk and water to a rolling boil.
4. Add toasted grits and cornmeal to boiling water/milk, whisking constantly to avoid burning and clumping. Reduce heat to low, and cook grits until creamy and thick, about 15-20 minutes.
5. Take grits off the heat, and add in butter, honey, light brown sugar, and salt. Mix to combine.
6. Serve warm, and enjoy!

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**Nutrition Facts on Reverse**
### Nutrition Facts

- **4 Servings**
- **Serving size**: 1/2 cup

#### Amount per serving
- **Calories**: 190
  - Calories from Fat: 45
  - **Total Fat**: 5 g
    - Saturated Fat: 2 g
    - Trans Fat: 0 g
    - Monounsaturated Fat: 2 g
- **Cholesterol**: 10 mg
- **Sodium**: 150 mg
- **Total Carbohydrate**: 34 g
  - Dietary Fiber: 3 g
  - Total Sugars: 7 g
  - Includes 6g Added Sugars
- **Protein**: 3 g
- Vitamin D: 0 %
- Calcium: 25 %
- Iron: 4 %
- Potassium: 65 mg
- Phosphorus: 48 mg