



## 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.

<u>U.S.</u>		<u>Metric</u>
1/2 cup	Grits, old-fashioned	80 g
1/2 cup	Cornmeal, yellow	75 g
2 cups	Almond milk, unsweetened	473 mL
2 cups	Water	473 mL
1 Tbsp	Butter, unsalted	14 g
1 Tbsp	Honey	21 g
1 Tbsp	Light brown sugar	13 g
1/8 tsp	Salt	0.75 g

### 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!

**\*\*Nutrition Facts on Reverse**

# Nutrition Facts

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4 Servings

**Serving size**                      **1/2 cup**

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**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