

## UNLEAVENED SKILLET CORNBREAD

### *Mix together in one bowl*

2 cups whole-wheat pastry flour  
2/3 cup cornmeal  
1/2 cup whole wheat  
1/2 teaspoon sea salt

Macrobiotics

### *Mix together in a separate bowl*

1/2 cup safflower, sesame or light olive oil  
3 cups water

4. Preheat oven to 375°.
5. Place oil in the bottom of a cast iron skillet. Tilt the skillet to coat the bottom with oil. Sprinkle the bottom of the skillet with toasted sunflower seeds.
6. Form a “well” in the dry ingredients. Fill the “well” with some of the liquid ingredients, mixing with a whisk and picking up flour from the side of the “well”. Continue adding liquid ingredients mix in flour from the side of the “well” until all the ingredients are mixed. Do not over mix.
7. The consistency should be a thick batter
8. Spoon batter over the sunflower seeds and smooth with a rubber spatula. The thickness should be about 3/4 inch thick. Depending upon the size of your skillet, you may get two pans of cornbread.
9. Bake for approximately 40 minutes, or until crispy and golden on the bottom.
10. Remove from the oven and loosen from the bottom of the pan with a metal spatula.
11. Turn out onto a wooden board or plate so the bottom of the cornbread is on top.
12. Cut into triangles and serve.