

CREAMY CORNCAKES

300g can creamed corn

125ml milk

2 eggs

120g polenta

2 teaspoons baking powder

2 onions, chopped

1 cup carrot, grated

1 cup peas, cooked

1 cup red capsicum, chopped finely

½ cup tasty cheese, grated



Pre-heat the oven to 180°C.

Blend corn, milk and eggs in a bowl. Add the polenta and baking powder and mix well.

Stir in the onion, carrot, peas and capsicum.

Pour mixture into a lightly greased baking dish (approximately 20x30cm) and top with grated cheese.

Bake for 45-50 minutes. Cool then slice.

Source: Better Health Channel