



PEA SNAPS... Peas on earth with Nena's gf Southern Cornbread

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Cooking and baking are pleasurable, creative activities. As we develop skills and improve, not only does our personal satisfaction increase, but with responsible nutrition decisions so does our health and general well being. Now there's an opportunity for a New Year's resolution!

Visiting East Selkirk School and spending time with the Human Ecology Grade 9 classes reminded me what a confidence booster learning to cook and bake can be. As necessary a skill as learning to drive or wash your clothes, navigation in the kitchen builds self-efficacy and leads to a healthier future. At what point did we decide that this skill was optional and not required learning for all students?

Nena from Missouri is a fan of ['Best' Whole Yellow Pea Flour](#). She appreciates the nutritional and health benefits that it offers. Just 1/2 cup of whole yellow pea flour per day has been shown [to reduce insulin levels and decrease insulin resistance](#).

Nena shares her recipe for Southern Cornbread: 'You must remember now that it doesn't have the same 'taste' as traditional cornbread...it is different. Having said that, you will grow to love it I am sure. Health is the mainstay! I dearly love it and have it at every meal except breakfast.' Thank you Nena for your generosity.



Southern Cornbread

1/2 cup 'Best' Whole Yellow Pea Flour
1/3 cup 'Best' Chickpea Flour
2 tsp baking powder (aluminum free)
1 tsp baking soda
1 tsp pure stevia powder
2 tbsp onion powder
1 tsp sea salt
1 cup buttermilk
1 large egg, beaten
1/2 tsp pure extract vanilla
3 tbsp olive oil

Preheat oven to 350 degrees F. Pour olive oil into medium size cast iron skillet, spread it around, then set aside. Mix together the dry ingredients. Be sure there are no lumps left. Add buttermilk, beaten egg, and vanilla. Stir well and pour into the skillet. Put in the middle rack of the oven. Remove when corn bread has a medium to dark brown crust - approximately 30 minutes. Enjoy!

Nena has encouraged [Amazon](#) to stock 'Best' Whole Yellow Pea Flour. Well Nena - we have great news. Your persistence and that of other readers has resulted in Amazon re-listing ['Best' Whole Yellow Pea Flour](#) and ['Best' Pea Fiber](#). Thank you for helping. To all of you who have been writing and asking, please go on-line and buy 'Best' Chickpea Flour, Whole Yellow Pea Flour and Pea Fiber.

Many people have emailed to ask where they may source pea ingredients for [Companies Coming Gluten-free Baking](#). 'Best' Pea Fiber may be used to replace Pea Fiber III or any other fiber. It may be purchased on line at [well.ca](#). They are currently sold out but we know that stock is on the way. Author Ted Wolff has written that the pea starch may be replaced with 1/3 each of potato, corn and tapioca starch.

Wishing you all a joyful holiday and peas on earth!
Margaret



Canada: 'Best' Pulse Flours and Pea Fiber may be purchased on line at well.ca

US: 'Best' Chickpea Flour, Whole Yellow Pea Flour and Pea Fiber may be purchased on line at Amazon.com.

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