

Hot Cornmeal Cereal

Makes: 6 servings

Ingredients

1 cup cornmeal

1 teaspoon salt

1 cup cold water

3 cups boiling water

Directions

1. Mix the cornmeal, salt and cold water.
2. Pour into the boiling water, stirring occasionally.
3. Cook until thickened, stirring often.
4. Cover and cook over low heat about 15 minutes.
5. Serve hot with milk and sugar.

Source: Pennsylvania Nutrition Education Program, Pennsylvania

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	390 mg
Total Carbohydrate	21 g
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	