



## CURRY CORNBREAD

### **Dry ingredients:**

- 3 cups stone ground cornmeal
- 3 cups stone ground whole grain flours (try for a mixture). Examples include amaranth, barley, garbanzo, oat, triticale, spelt. *You can also just use whole wheat flour.*
- 1 1/2 cups mixed rolled grains (usually found in the bulk food section of the grocery store or health food store). *You can also just use rolled oats.*
- 1 1/2 cups 7-grain cereal (this is a coarse ground cereal containing a mixture of grains like wheat, rye, triticale, barley, brown rice, oat bran, flaxseed, etc.)
- 1/3 to 1/2 cup raw pumpkin seed
- 1/3 to 1/2 cup raw sunflower seed
- 3/4 cup millet
- 1 tablespoon curry powder

\*Mix all of the dry ingredients above together in a very large mixing bowl.

### **Vegetables:**

About 3 cups of finely chopped or grated vegetables (Examples: broccoli, beets, chayote squash, zucchini, greens [Swiss Chard, collard, kale, mustard], carrots, peas, corn, etc.)

\*Mix the vegetables in with the dry ingredients thoroughly so that they become well-coated with the flours and are no longer present in clumps.

### **Wet ingredients:**

In a blender or food processor, puree the following together:

- 6 eggs
- 1 large can pumpkin (29 oz)
- 1 cup water or other liquid (carrot juice, almond milk, etc.)

\*Add the wet ingredients to the dry mixture and mix thoroughly. (You might need to use your hands, since this creates quite a dense dough.)

Place into mini muffin pans and bake at 350 degrees for about 25 to 30 minutes. Use one level tablespoon per muffin. Before baking, use the end of a wooden spoon to create a hole in the center of each muffin, which then allows you to place these onto food skewers or incorporate into foraging toys. Makes about 120 muffins.

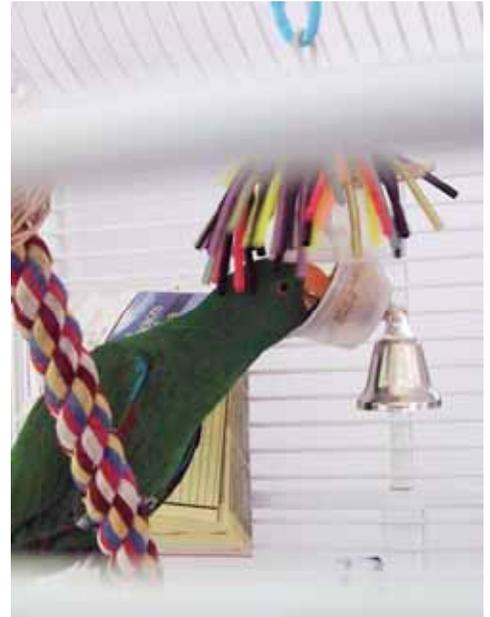
\*This recipe can be halved quite easily. It also freezes quite well after baking.



## Curry Cornbread Adding to Toys

Remember shy little Ivey from the Foraging 101 video at the Foraging-Teach To Forage page?

Shortly after she stayed at our house her proud Mom sent me this photo of Ivey. She is taking a bite out of a piece of curry cornbread that is sandwiched between two cupcake liners on this stainless steel skewer.



In the photos above I show you how I made a slightly more complicated foraging toy for Ditto using curry cornbread. I drilled a small hole in the bottom of two applesauce cups. Then sandwiched the cornbread muffin between the cups and added a bell and wacky whirly straws for interest.

This pamphlet is intended to provide helpful and informative material on the subject matter covered. It is distributed with the understanding that the author is not engaged in rendering professional services in the pamphlet. The author specifically disclaims any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this pamphlet. The author assumes no legal liability or responsibility for the accuracy, completeness, or usefulness of any information, product or process disclosed in these examples.

**Copyright © 2011 Kris Porter.** All rights reserved. This pamphlet may be printed, shared and distributed so long as it remains fully intact including this copyright notice and no profit is made from its distribution or use.