

Southern Cornmeal Hoecakes

Yield: 10 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-cornmeal-hoecakes-recipe>

Ingredients:

- 1 cup self-rising flour
- 1 cup cornmeal all purpose
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon sugar optional
- 2 eggs
- 3/4 cup buttermilk
- 1/3 cup water
- 1/4 cup canola oil
- 1 tablespoon canola for frying, or canola combined with a bit of butter

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 45 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 1 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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