

# Cornbread Crackers

*One box of Jiffy will cover the bottom of a 6 cup tray*



## Ingredients

1- 8.5 oz box jiffy cornbread mix  
1 egg  
 $\frac{1}{3}$  cup milk

**This recipe was contributed by John In Bibs**

### Directions:

1. Prepare the cornbread batter following the package instructions.
2. Line a tray with parchment paper and evenly spread the batter. This should be a thin layer
3. Bake at the recommended temperature for 16 minutes.
4. Allow the cornbread to cool completely.
5. Using dividers set to a 40-portion configuration, press firmly to cut the cornbread into 40 equal pieces.
6. Pre-freeze when possible.
7. Freeze dry
8. Store in mylar bags.

### Rehydration:

These are not intended for rehydration. Use them as a snack or as a cracker in soups.

### Nutritional Value pre 10 "crackers" or $\frac{1}{4}$ of the box of Jiffy

Calories: 180 Protein: 3 g Fat: 6 g Carbohydrates: 28 g Sugar: 8 g Fiber: 1 g