Hearty Protein Cornbread

**Ingredients**
Dry ingredients:
1 scoop Labrada LeanPro 8 protein
1 cup cornmeal
1/2 cup corn flour (or oat flour, created by blending oatmeal)
1 tsp baking soda
2 tsp baking powder
1 egg
1 cup Greek yogurt
2 tbsp organic, raw honey
1/2 cup corn (drained, not creamed)
1/2 cup organic canned pumpkin
1 tbsp vanilla extract (optional)
3 tbsp pepitas (raw, unsalted, optional)
Dried cranberries (for topping, optional)

**Directions**
1. Set oven to 350 F.
2. In a large bowl, mix all your dry ingredients together with a fork. I recommend using a sifter when adding protein powder, corn meal, and corn flour in order to remove all lumps.
3. In another bowl, mix together egg and Greek yogurt with a hand mixer until you reach a smooth consistency.
4. Slowly pour the egg mixture into the bowl of dry ingredients and mix with the hand mixer.
5. Add honey, pumpkin, and corn to the mixture. Blend with the hand mixer. Toss in pepitas and mix together until smooth.
6. Spray your muffin pan with a little nonstick cooking spray. Pour your cornmeal mixture into the pan. You can add a few dried cranberries to the top of the cornbread for added flavor.
7. Bake in the oven for 20-25 minutes or until a toothpick that you stick in the center of it comes out clean.
8. Let cool slightly before serving, but remember, cornbread is best served hot and fresh out of the oven.

**Nutrition Facts**
Serving Size: 1 cornbread muffin with optional ingredients
Recipe yields 10

- Calories: 109
- Total Fat: 3 g
- Total Carbs: 15 g
- Protein: 7 g