

CORNMEAL MUSH

1 ¼ CUP OR CORNMEAL

2 ½ CUPS WATER

½ TEASPOON SALT

MIX CORNMEAL, WATER, AND SALT, IN MED.
SAUCEPAN.

COOK OVER MED. HEAT, STIRRING FREQUENTLY
UNTIL THICKENS, 5-7 MINUTES.

FOR CERAL, SPOON INTO BOWL, SERVE WITH
MILK AND MAPLE SYRUP.

OUR FAMILY ATE THIS A LOT, DURING OUR
CHILDHOOD.