

Honey Sunflower Cornbread

2 packages House-Autry Buttermilk Cornbread mix

1/2 cup unsalted sunflower seeds

2/3 cup half and half

2 large eggs

1/4 cup honey

1/4 cup vegetable oil

1/4 cup packed brown sugar

In a bowl, toss sunflower seeds with 2 packages House-Autry Buttermilk Cornbread mix. Combine the remaining ingredients. Stir just until combined and moistened. Pour into greased 9 inch square baking pan. Bake in a preheated 375 degree oven for 20 to 25 minutes, or until toothpick inserted in center comes out clean. Serve with butter and honey.