

## Boston Brown Bread

1 cup flour  
1 tsp baking powder  
1 tsp soda  
1 tsp salt  
1 cup corn meal  
1 cup of whole wheat flour  
2/3 cup molasses  
2 cup buttermilk  
1 cup raisins

1. Mix ingredients.
2. Half fill three 1 lb. coffee cans and cover tightly.
3. Steam 3 hours on rack in covered pan using small amount of boiling water.
4. Uncover cans and place in 450-degree oven for 5 min.
5. Remove bread from pans.