

APRIL IS NATIONAL SOYFOODS MONTH

Cherry Almond Muffins

Recipes provided by...

Soybeans

Nebraska Soybean Board



Soy Flour Facts...

Soy flour, derived from ground soybeans, boosts protein, and brings moisture to baked goods.

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INGREDIENTS...

1 cup	sugar	1/4 tsp	salt
1/2 cup	margarine	1 Tbs	plus 1 tsp
3	eggs		almond
1 1/4	cup all- purpose flour		extract
1/2 cup	soy flour	3/4 cup	vanilla
1 tsp	baking powder	3/4 cup	soymilk (3.5 oz bag)
1 tsp	baking soda		dried cherries

Preheat oven to 375°F. Cream sugar and margarine in a large bowl until light and fluffy. Add eggs and beat well. In a separate bowl, whisk together flours, baking powder, baking soda and salt. Add to creamed mixture alternately with almond extract and soymilk. Stir until combined. Fold in dried cherries. Pour batter into greased or paper-lined muffin pan. Bake 20 - 25 minutes or until toothpick inserted in middle comes out clean.

Yield: 12 muffins

Per muffin:

Calories:	140
Total fat:.....	2.5 g
Saturated fat:.....	0.5 g
Cholesterol:.....	45 mg
Sodium:.....	199 mg
Carbohydrate:.....	25.5 g
Protein:	4.5 g
Soy Protein:	2 g
Dietary Fiber:	0.9 g

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