

APRIL IS NATIONAL SOYFOODS MONTH

Corn and Soy Muffins

Recipes provided by...

Soybeans

Nebraska Soybean Board



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INGREDIENTS...

- 1 1/2 cups All purpose flour
- 1/2 cup Yellow cornmeal
- 1/4 cup Soy flour**
- 1/4 cup Sugar
- 1 tbsp Baking powder
- 1/2 tsp Salt
- 1 cup Light soymilk**
- 2 Eggs
- 1/4 cup Soybean oil (vegetable oil)**

Mix flour, cornmeal, soy flour, sugar, baking powder and salt. Combine soymilk, eggs and oil; add to dry ingredients and mix only enough to moisten. Fill oiled muffin tins. Bake at 400°F for 15 minutes.

Makes 12 muffins.

Quick Tip... Reinvent Grandma's cookie recipes by adding soy flour.

Per 2 tbsp dressing:

Calories:	162.4
Protein:	4.2 g
Carbohydrate:	22.8 g
Total fat:	6.2 g
Cholesterol:	35.4 mg
Saturated fat:	1.0 g
Sodium:	237.9 mg
Dietary Fiber:	1.0 g

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