

APRIL IS NATIONAL SOYFOODS MONTH

Banana Soynut Bread

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

1/2 cup margarine or shortening	1 1/2 cups flour
1 cup sugar	1/2 cup soy flour
4 egg whites	1 tsp baking soda
1 1/2 cups mashed bananas	1/2 tsp salt
3 Tbs vanilla soymilk	1/2 cup roasted soynuts, coarsely chopped

Per slice:

Calories:.....	225
Total fat:.....	8 g
Saturated fat:.....	1.5 g
Cholesterol:.....	0 mg
Sodium:.....	272 mg
Carbohydrate:.....	32 g
Protein:.....	5 g
Soy Protein:.....	4 g

Preheat oven to 350°F. Coat a 9" x 5" loaf pan with vegetable cooking spray. Mix shortening, sugar, egg whites, bananas and soymilk with electric mixer. Add flours, baking soda and salt. Mix well. Stir in soynuts. Pour into pan. Bake 1 hour or more, until knife inserted in middle comes out clean.

Yield: One loaf cut into 14 slices