

# APRIL IS NATIONAL SOYFOODS MONTH

## Better Bran Muffins

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

1 1/4 cups flour	3/4 tsp ground
1/2 cup soy flour	cinnamon
1 cup bran flake	1/8 tsp ground cloves
cereal	2 slightly beaten eggs
1/2 cup brown sugar	2/3 cup soymilk
1 tsp baking powder	1/4 cup soyoil
1 tsp baking soda	1/2 cup raisins

### Per muffin:

Calories:.....	134
Total fat:.....	7 g
Saturated fat:.....	1 g
Cholesterol:.....	30 mg
Sodium:.....	188 mg
Carbohydrate:.....	26 g
Protein:.....	5 g
Soy Protein:.....	2 g
Dietary Fiber:.....	4 g

Spray a 12-muffin pan with vegetable cooking spray or line with paper baking cups. In a large bowl, stir together all dry ingredients. In a medium bowl, combine eggs, soymilk and soyoil. Add egg mixture to flour mixture; stir until moistened. Fold in raisins. Fill muffin pan 2/3 full. Bake in a 400° F. oven for 15-20 minutes.

**Yield: 12 muffins**