

APRIL IS NATIONAL SOYFOODS MONTH

Sunshine Lemon Loaf

Recipes provided by...

Soybeans
Nebraska Soybean Board



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INGREDIENTS...

- 1 lemon
- 1 cup granulated sugar
- 1/3 cup oil
- 2 eggs
- 1 1/4 cups all-purpose flour
- 1/4 cup soy flour
- 1 tsp baking powder
- 1/2 cup plain or vanilla soymilk
- 1/4 cup powdered sugar

Per 1 slice serving:

Calories:.....	115
Total fat:.....	6 g
Saturated fat:.....	0.7 g
Cholesterol:.....	26 mg
Sodium:.....	36 mg
Carbohydrate:.....	16 g
Protein:.....	2 g
Soy Protein:.....	1 g
Dietary Fiber:.....	0.6 g

This is an elegant loaf that is light and moist with a wonderful, fine texture.

Preheat the oven to 350°F. Coat a 9" x 5" loaf pan with spray. Grate the zest from the lemon (be careful to grate only the outer yellow portion). Squeeze the juice from the lemon and set aside. Beat together the sugar, oil, and grated lemon zest in a large mixing bowl. Add the eggs and beat well. Sift or stir together the all-purpose flour, soy flour, and baking powder. Add to the sugar mixture and mix thoroughly. Beat in the soymilk. Pour the mixture into the prepared pan and bake until a toothpick inserted into the center comes out clean, about 1 hour. While the loaf is baking, mix together the powdered sugar and reserved lemon juice. As soon as the loaf is removed from the oven, prick it all over the top with a cake tester or toothpick, and pour the lemon juice mixture over it. Let it sit in the pan for about 5 minutes so the loaf can absorb the liquid, and then remove the loaf and let it cool on a rack. **Yield: 1 loaf of 16 slices**

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