

# APRIL IS NATIONAL SOYFOODS MONTH

## Lemon Poppy Seed Bread

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 2/3 cup water
- 1/2 pkg (6 oz.) firm silken tofu
- 1 egg
- 1 box (15.6 oz.) lemon poppy seed quick bread mix

*Use this recipe as a guide for making other quick breads from mixes.*

Preheat the oven to 375°F. Coat a 5" x 9" loaf pan with cooking spray and set aside.

Put the water, silken tofu and egg in a blender and blend until smooth. Combine the quick bread mix and the blended tofu in a mixing bowl, beating according to package directions. Pour batter into the prepared loaf pan and bake according to package directions.

Variations: Use any flavor of quick bread mix and follow the directions on the package, except: reduce the water to 2/3 cup, omit the oil, and use only 1 egg. Blend the water and egg with half a package of firm silden tofu and mix with the contents in the package. Bake and cool as directed.

**Yield: 1 loaf of 14 slices**

### Per serving (1 slice):

Calories: .....	149
Total fat: .....	5 g
Saturated fat: .....	0.6 g
Cholesterol: .....	15 mg
Sodium: .....	324 mg
Protein: .....	3 g
Soy Protein: .....	2 g
Dietary Fiber: .....	1 g