

APRIL IS NATIONAL SOYFOODS MONTH

Yellow Shortcake

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

2 cups cake flour	1/2 cup shortening
1/2 cup soy flour	1-1/2 cups granulated sugar
2 tsp baking powder	2 eggs
1/4 tsp salt	1 tsp orange extract
4 oz soft silken tofu	
2 Tbs plus 1 cup soymilk	

Per serving:

Calories:	280
Total fat:	11 g
Saturated fat:	2.4 g
Cholesterol:	36 mg
Sodium:	134 mg
Carbohydrate:	43 g
Protein:	5 g
Soy Protein:	1.8 g
Dietary Fiber:	2.1 g

Serve this cake with layers of fruit and whipped topping for an easy touch of elegance. Preheat the oven to 350°F. Coat two 9" round cake pans with cooking spray. Sift together the cake flour, soy flour, baking powder, and salt. Set aside. Blend the tofu with 2 tablespoons soymilk in a blender until smooth. Pour the blended tofu into a large bowl. Beat in the shortening, sugar, eggs, and orange extract with an electric mixer. Beat in the remaining one cup soymilk. Add the flour mixture to the liquid mixture. Beat until the mixture is thoroughly combined, scraping down the sides of the bowl as necessary, but do not overmix. Pour the mixture into the prepared pans. Bake 30 to 35 minutes, until a toothpick inserted into center of the cake comes out clean. Let cool on a wire rack.

Yield: 12 servings

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