

Corn and Soy Muffins Recipe

Ingredients:

1 1/2 cups	All purpose flour
1/2 cup	Yellow cornmeal
1/4 cup	Soy flour
1/4 cup	Sugar
1 tablespoon	Baking powder
1/2 teaspoon	Salt
1 cup	Light soymilk
2	Eggs
1/4 cup	Soybean oil (vegetable oil)

Instructions for Corn and Soy Muffins:

Mix flour, cornmeal, soy flour, sugar, baking powder and salt. Combine soymilk, eggs and oil; add to dry ingredients and mix only enough to moisten.

Fill oiled muffin tins.

Bake at 400°F for 15 minutes. Makes 12 muffins.

Nutrition Per Serving:

162.4 calories, 4.2 gm protein, 22.8 carbohydrates, 6.2 gm fat, 35.4 mg cholesterol, 1.0 gm saturated fat, 237.9 mg sodium, 1.0 gm dietary fiber