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

**INGREDIENTS...**

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

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