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.**

**Quick Tip…** Reinvent Grandma’s cookie recipes by adding soy flour.

**INGREDIENTS…**

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

### Per 2 tbsp dressing:

- Calories: .............. 162.4
- Protein: ............... 4.2 g
- Carbohydrate: ...... 22.8 g
- Total fat: .............. 6.2 g
- Cholesterol: ...... 35.4 mg
- Saturated fat: ........ 1.0 g
- Sodium: .......... 237.9 mg
- Dietary Fiber: ........ 1.0 g