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 silken tofu and mix with the contents in the package. Bake and cool as directed.

Yield: 1 loaf of 14 slices

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.

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

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