

Heart-Healthy Apricot Muffins

(This recipe comes from the United Soybean Board.)

Yield: 12 servings (1 dozen muffins)

Ingredients:

1½ cups all-purpose flour

½ cup soy flour

1/3 cup sugar

1 tablespoon baking powder

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/8 teaspoon salt

1 egg

½ cup soy milk

½ cup water

1 tablespoon soybean oil

½ cup crushed pineapple

½ cup dried apricots, snipped into quarter-inch pieces

Procedure:

Combine flours, sugar, baking powder, spices and salt. Mix well. Make a well in the center of the dry mixture and add the egg, soy milk, water, oil, pineapple and apricots. Mix only until moistened. Spoon mixture into oiled muffin tins and bake at 400 F for 12 to 15 minutes, or until wooden pick inserted near center of the muffins comes out clean.

about 161
calories and
3.7 grams of fat
per muffin

Soy-based foods and soy protein in particular have been shown to reduce blood cholesterol levels, which can reduce the risk of heart disease.

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