

Banana Muffins

1½ cups all-purpose flour	3 ripe bananas, peeled and mashed
½ cup soy protein isolate or soy flour	1 cup granulated sugar
2 tsp. baking powder	½ cup vegetable oil
1 tsp. baking soda	3 eggs
½ tsp. salt	¼ cup soymilk or milk
½ cup chopped walnuts (optional)	1 tsp. vanilla

Preheat the oven to 375° F. Coat a muffin tin with cooking spray.

Mix together the all-purpose flour, soy protein isolate or soy flour, baking powder, baking soda, salt, and nuts. Set aside.

Beat together the bananas, sugar, oil, eggs, soymilk, and vanilla in a large mixing bowl. Add the flour mixture and mix until just moistened.

Fill the muffin cups three-fourths full with the batter. Bake 20 to 22 minutes, until a toothpick inserted in the center of one of the muffins comes out clean. For mini-muffins, bake about 10 minutes. Remove muffins from tin and cool on a wire rack.

Makes 12 muffins, or 60 mini-muffins

Nutrition Facts per Serving: (made with soy protein isolate): 270 Kcal, 11 g Fat, 37 g Carbohydrate, 8 g Protein, 2 g Fiber, 45 mg Cholesterol, 290 mg Sodium

Nutrition Facts per Serving: (made with soy flour): 270 Kcal, 12 g Fat, 38 g Carbohydrate, 5 g Protein, 2 g Fiber, 45 mg Cholesterol, 240 mg Sodium

Nutrition Facts per Serving: (made without soy): 270 Kcal, 11 g Fat, 41 g Carbohydrate, 4 g Protein, 1 g Fiber, 45 mg Cholesterol, 240 mg Sodium