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English Muffins (Soy)

Ingredients

1 cup warm soy milk (105-115° F)

2 Tablespoons sugar

1 teaspoon salt

3 Tablespoons soy butter

1 cup warm water (105-115° F)

1 package active dry yeast

5 – 6 cups flour

¼ cup cornmeal

Makes 18 servings

Instructions

1. Combine milk, sugar, salt and butter. Measure warm water into large warm bowl. Sprinkle in yeast, stir until yeast is dissolved. Stir in milk mixture and 3 cups flour; beat until smooth. Add enough additional flour to make stiff dough.

2. Turn out onto floured board; knead about 2 minutes, or until dough is manageable and can be formed into a ball. (Dough may be slightly sticky.) Place in a greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

3. Punch dough down; divide in half. On a board heavily sprinkled with cornmeal, pat each half into ½ "thickness. Cut into circles w/ floured 3" cookie cutter. Place on ungreased baking sheets about 2" apart. Cover; let rise in warm place, free from draft, until doubles in bulk, about ½ hour.

4. Spray medium-hot griddle or skillet with nonstick spray, cornmeal side down. Bake until well browned, about 10 minutes on each side. To serve, split muffins in half and toast.

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 18

Amount Per Serving

Calories 180	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 160mg	**7%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

5% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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