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English Muffins

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 - 5% calories from fat

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	



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