

## **Yogurt Muffins**

2 eggs, lightly beaten  
1 c. yogurt  
2 T. oil  
¼ c. molasses  
1 ½ c. whole wheat flour  
2 T. soy flour  
1 t. sea salt  
¼ c. raisins  
¼ c. chopped nuts

Preheat oven to °375. Combine the eggs and yogurt. Beat in the oil and molasses. Sift together the flour, soy flour, and salt. Add the egg mixture to the dry ingredients and stir until just moistened. Stir in raisins and nuts. Fill oiled muffin tins  $\frac{2}{3}$  full. Bake 20 minutes or until done. Makes about 1 dozen muffins. Note: these muffins have no raising agent and will be compact in texture.