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**Soybean Cornbread**

***Ingredients:***

* 2 c Soaked Soy Beans
* 3 c Boiling Water
* 2 c Organic Cornmeal if very fine use 3 cups
* ¼ c Quick Oats
* 1½ t Sea Salt
* ½t Ground Rosemary (optional)
* 2 T Honey
* 2 T Lecithin Granules

***Directions:***

1. Soak 1 cup of dry soybeans in 3 cups of water overnight, this will equal to 2 cups of soaked soy beans. This may be done in advance and stored in a plastic bag in the freezer.
2. Place soy beans, quick oats, salt, honey and lecithin into blender, then pour 3 cups of boiling water and blend until smooth.
3. Pour into a bowl and add cornmeal and mix well.
4. Pour into greased pan and bake for 30 minutes at 400 ̊.

***Did you know?***

*The soaked soybeans act as a leavening agent!!*