

SOY RECIPES

to try at home with
a parent's help

*Quick, Easy,
Tasty, Healthy*



The verdict is in. Soyfoods – as part of a low-fat, low-cholesterol diet – can help improve heart health. These foods may also help reduce the risk of certain cancers, osteoporosis and diabetes. The health benefits of soy are so promising that the U.S. Food and Drug Administration recommends that Americans consume at least 25 grams of soy protein in a day. Call the Iowa Soybean Promotion Board at 1 800-383-1423 for free tips and recipes.



Tofu Fudge Drops

Blend in a blender until smooth:

1/2 lb. silken tofu 1/2 cup soybean oil

Pour into a medium mixing bowl.

Add:

1-1/2 cups sugar 1/2 cup cocoa powder
1 Tbsp. vanilla 1 Tbsp. water or soymilk

Stir well. Mix in a separate bowl:

3 cups white flour 1 tsp. baking soda
1 tsp. salt

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Add to wet ingredients. Mix well. The dough should be fairly stiff. Roll into 1-1/2 inch balls. Roll in sugar until coated. Place on a cookie sheet 1-1/2 inches apart. Bake for 12-13 minutes at 350°. Cool on a wire rack. Makes 36 cookies.

Carrot Muffins

2 eggs	1 cup honey
1/2 cup soybean oil	8 oz. tofu, drained
2 tsp. baking soda	2 tsp. cinnamon
2 tsp. vanilla	2 tsp. lemon juice
2 cups whole wheat flour	1 cup finely shredded carrots
1 cup chopped walnuts	

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In a blender container combine the eggs, honey, oil, tofu, baking soda, cinnamon, vanilla and lemon juice. Cover and blend until smooth. Pour into large mixing bowl. Beat in the flour and carrots. Stir in walnuts. Grease muffin tins or line with paper cups and fill 2/3 full. Bake at 350° for 20 minutes or until done. Cool thoroughly on a wire rack.



Spiced Fruit Dip

1-1/4 cups soft tofu
2 Tbsp. brown sugar
1/2 tsp. cinnamon

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Blend all ingredients in a blender until well blended and smooth. Cover and chill at least 2 hours. Serve with a variety of fresh fruits. Makes 1 cup.

Strawberry Banana Frosty

3 cups plain or vanilla soymilk
1 cup strawberries
1 ripe banana

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Blend in a blender until smooth. Use frozen strawberries to make frothy. Serves 4.

