Soy Recipies

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 United States Food & Drug Association recommends that Americans consume at least 25 grams of soy protein a day.

Tofu Fudge Drops

Blend in a blender until smooth:
1/2 lb. silken tofu
1/2 cup 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

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

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 flout and carrots. Stir in walnuts. Grease muffin tins or line with paper cups and fill 2/3 full. Bake at 350° oven for 20 minutes or until done. Cool thoroughly on a wire rack.

Spiced Fruit Dip

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

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

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

Kids' Kubes

1 envelope unflavored gelatin
3/4 cup cranberry or orange juice
5 oz. (1/2 pkg.) silken tofu
1 cup nonfat vanilla yogurt
1/4 tsp. vanilla
2 Tbsp. honey
Red food dye (optional)
1/2 cup finely chopped strawberries (about 1 cup whole berries)
Sliced fresh fruit (optional)

Sprinkle the gelatin over 1/2 cup of the cranberry or orange juice in a small saucepan. Cook over medium hear, stirring, until gelatin dissolves (about 2 to 3 minutes). Transfer to a medium mixing bowl and add the remaining 1/4 cup juice.

Put the tofu, yogurt, vanilla and honey into a blender container and whirl until very smooth, stopping as needed to scrape down the sides. Pour the puréed tofu mixture into the gelatin mixture and stir everything together to blend well. If you would like a more intense color, add a few drops of red food dye. Cover and refrigerate until the mixture is the consistency of raw egg whites, about 1 hour.

Fold in the chopped strawberries. Pour the mixture into a 9-inch square pan and refrigerate until firm. To serve, cut the salad into 1-inch cubes. Serve the "kubes" on plates with sliced fruit on the side to be arranged as the kids desire. *(Adults may prefer the salad in 3-inch squares topped with fruit.)*

Note: Use different combinations of fruits, juices and flavored yogurts for variety. You may also add up to 1/2 cup of puréed fruit, such as bananas or peaches, to the blended tofu mixture.

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