

# EASY Snackable SOY

Simple snack recipes featuring  
high-quality plant protein.



Linda Funk & Gail Bellamy

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Easy Snackable Soy: Simple snack recipes featuring high-quality plant protein  
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# Introduction



Snacking is part of American culture. However, the borders and boundaries of snacks are blurring. An increasing number of people eat snacks between meals, enjoy tapas or small plates in restaurants, and even replace some meals with a mid-afternoon or late-evening snack.

The nature of our snacks is changing, too, with 65% of Americans saying they have switched from traditional snacks to high protein/low sugar alternatives. That's where soyfoods shine. Soyfoods create kid-friendly, satisfying snacks. They offer the healthfulness, flavor, texture and nutrition content that savvy snackers are seeking.

In the U.S., one quarter of our total daily energy intake comes from snacks; for children that number may rise to as much as 30%. With childhood and adolescent obesity reaching epidemic levels, keep in mind the findings of a study published in *The Journal of Nutrition*. Eating protein-rich afternoon snacks containing soy protein led to reduced appetite, a delay in subsequent eating, and an improved overall diet quality compared to other snack options.

For many, savory snacks are fulfilling the between-meal eating urge. Sure, it's easy to grab a glass of soymilk or a handful of edamame for a nutritional boost. Go for it. However, wouldn't you also enjoy the crunch of fresh vegetables and dip made with tofu, or sriracha soynuts? Let these recipe ideas serve as suggestions that unleash your own creativity.

Broaden your snacking habits by incorporating soy protein into the mix. Add an ethnic twist or seasonal produce to the basic recipes. You can feel good about choosing snacks made with soy. For one thing, soyfoods are sustainably grown. In fact, research published in *Food Policy* in 2011 determined that growing soybeans was the most environmentally advantageous way to produce protein. You'll feel even better, knowing that soyfoods offer a variety of health and nutrition benefits. You can learn more by browsing the Soyfoods Council website:

[www.thesoyfoodscouncil.com](http://www.thesoyfoodscouncil.com).

This recipe collection is made possible by the generosity and enthusiasm of the Iowa Soybean Association. Their efforts support global animal agriculture as well as soyfoods industries around the world. We are grateful to these farmers who help feed us all.

Now, take a little time out of your active day to scroll through dozens of soy-rich snack recipes. Daydream a little. Get nostalgic about some of your childhood favorite snacks—and then reimagine them with the help of soyfoods and your own knowledge of healthful eating. Here's to your health, and the health of our planet. —Linda Funk and Gail Bellamy

## About Us

Linda Funk, Executive Director of The Soyfoods Council, develops and executes marketing communication programs and high-impact public relations campaigns on the national and international level. On behalf of The Soyfoods Council and other clients, she travels the world as an invited speaker. She has worked alongside such luminaries as Julia Child, and the presidents and diplomats of several nations. Linda's work involves extensive travel in the U.S., Japan, Thailand, Singapore, Malaysia, China, Mexico, Africa and Canada. She has established a vast network of food and agriculture professionals, educators, and media contacts. Linda arranges radio and TV interviews and product demonstrations in venues ranging from state fairs in the U.S. to hotels in Asia and culinary schools worldwide. She has orchestrated high-profile broadcast segments on NBC Nightly News "Making a Difference," A&E "Food Quest" program, and NPR, in addition to print publications such as Cooking Light, Woman's Day and Washington Post.

Linda's industry involvement includes serving on the boards of The American Institute of Wine and Food, International Foodservice Editorial Council [IFEC], Culinary Institute of America, Stout University Foundation, and Wisconsin 4-H Foundation. HEIB (Home Economist in Business) recognized her as its Business Home Economist of the Year, and IFEC bestowed its highest honor, The Betty Bastion Award, on her. In 2019, The Iowa Restaurant Association named Linda Funk as one of its 40 Women to Watch.

**The Soyfoods Council** is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice market about the many benefits of soyfoods. Iowa is the country's number one grower of soybeans. The Iowa soybean farmers generously funded this cookbook project.





**Gail Bellamy, Ph.D., CCP**, has 30 years' food and beverage writing experience on the editorial staff of Restaurant Hospitality magazine where she was executive food editor. She edited more than 15 magazine cookbook supplements, and has received numerous awards in local, statewide and national journalism competitions. Her freelance work has appeared in more than 100 publications. Gail hosted a food radio program, and is the author of eight books, including Design Spirits (PBC International) and Cleveland Food Memories (Gray & Company Publishers). She also co-authored The Vegetable Storybook that won a 2010 "Best in the U.S." Gourmand World Cookbook Award.

Gail is a past-president of the International Foodservice Editorial Council (IFEC) and served several terms on its board. She also has been a judge for the James Beard Foundation Journalism Awards for Food Writing. As an adjunct professor, she teaches food, culture, writing and communications courses. She has been a National Advisory Board Member for the Culinary Arts Institute/Mississippi University for Women and an Editorial Advisory Board member for Cleveland Clinic Press. Gail earned her Certified Culinary Professional credentials through International Association of Culinary Professionals.

**Jana Strobel, M.S.Ed., B.F.A.** of JS Creative has been a professional graphic designer and photographer for over 20 years. Her passion for art is exemplified in her creative solutions to her clients' needs. Jana earned a Bachelor of Fine Art degree with an Emphasis in Graphic Design from UW-Stevens Point and a Master's degree in Art Education from Concordia University Wisconsin in Mequon. Jana is presently a freelance graphic designer and professional photographer at JS Creative and an art educator at Watertown High School in Wisconsin.

As an artist, Jana strives to be innovative, collaborative, and engaging. She is active in her professional community as well as in the local community. Jana Strobel is the acting Vice-President of the Watertown Arts Council and currently holds the state position of Editor on the Wisconsin Art Education Association Board. She says, "I am honored to have been part of this amazing innovative cookbook. I feel so blessed to have the opportunity to work with the talented duo, Linda Funk and Gail Bellamy."

# Soyfoods Are For Snackers

ingredients to keep on hand

Soyfoods are ideal for people who want to streamline their lives by spending less time in the kitchen, as well as those who want to eat more healthfully. It's so easy to add a plant protein punch to some of your favorite snacks because soyfoods come in a wide variety of forms. Make sure the following versatile products are there when you need them—they're all widely available, affordable and adaptable to global recipes. That's why soyfoods are for snackers.

*Our snack ideas all start with the humble, sustainably grown soybean that packs a protein punch.*



## 5 Reasons Why Soyfoods are for Snackers

1. Feeling good. You want to feel good about what you eat. Remember that soy is a complete plant protein that provides all the essential amino acids in amounts required to meet the nutritional needs of children and adults. Fortified soy beverages and soy yogurt are the only plant-based milk alternatives considered to be a dairy equivalent, according to the USDA's 2020-2025 Dietary Guidelines for Americans.

2. Going green. Health matters –including the health of the planet. Soyfoods are made from soybeans sustainably grown in the U.S. Soybean farmers work to meet nutrition needs in a way that is mindful of the health of the planet. They use verifiable sustainable practices, including reduced tillage, water and nutrient management, and crop rotation. The U.S. Soy Sustainability Assurance Protocol (SSAP) documents sustainable soybean production.

3. Getting energized. Soyfoods are stars in the plant protein world. Soy is a complete plant protein, meaning that is similar in quality to animal protein and higher in quality than other plant proteins. Did you know a half-cup serving of canned black soybeans provides 11 grams of protein, almost twice as much as protein as the average canned black beans?

4. Going lean. Soy offers health benefits and heart-healthy options. Soyfoods appeal to people who have dairy sensitivities and those trying to reduce the amount of saturated fat they eat. They also appeal to snackers who want to eat more plant-based foods. Research shows that soy protein can lead to strength and muscle mass gains as well as animal protein does. for individuals engaged in resistance exercise training (weight-lifting). See you at the gym.

5. Going easy on yourself. What could be easier than snacking on minimally processed soyfoods? Grab some edamame in the pod and you've got a portable snack. Edamame provides 9 grams of protein (per ½-cup serving of shelled edamame). When you make a smoothie with soymilk, you'll have 7 to 8 grams of protein to your snack.

## Tempeh

Tempeh (fermented soybean cake) is a soy-based superfood and also probiotic food. Tempeh has been around for centuries because it has culinary chops, including approximately 18 grams of complete plant protein per serving. Fry, saute, steam or grill it. It's a probiotic food that naturally contains beneficial live microbiota that may promote digestive health. Tempeh has a firm, meaty texture and a pleasantly nutty flavor. When you're talking about it —and we think you will be— pronounce it TEM-pay.



## Soy Cream Cheese

A non-dairy alternative to cow's milk cream cheese, soy cream cheese offers the same consistency and texture as dairy cream cheese. Spread it on a toasted bagel for a quick snack. Soy cream cheese works well for dips and spreads, as well as in cookie recipes.



## Soy Sour Cheese

Imagine the snack-worthy wonders you can create using this dairy-free alternative that contains no butterfat, cholesterol or lactose. Enjoy soy sour cream in place of regular sour cream on baked potatoes for a quick microwavable snack. Serve it on nachos or incorporate it to your favorite dip recipe. Keep it in your refrigerator for everyday snacking as well as impromptu entertaining.







## Soymilk

Soymilk is the dairy alternative of choice because it offers an average of 7 to 8 grams of protein per serving, about the same amount found in 2% reduced fat milk. Soy milk is cholesterol free, and available in vanilla, chocolate and eggnog flavors.



## Canned Soybeans

Talk about a great pantry item, canned soybeans come in tan and black, and are ready to eat. You can add them to your recipes for chili, soups, three bean salad, stews, casseroles or bean dips. Use black soybeans as you would black beans in recipes. A half-cup serving provides about 11 grams of protein, almost two times more than the typical canned blackbean.



## Dried Soybeans

Not as widely available as canned soybeans, dried whole soybeans can be found in some grocery stores and health food stores. Cook them as you would any other dried bean before creating recipes like baked beans or your favorite beans and rice dish.

## Frozen Edamame

Go green with edamame. (pronounced eh-duh-MAH-meh). Talk about a minimally processed plant protein, edamame—fresh green soybeans frozen in the pod or already shelled—add protein and a fresh burst of flavor and color to your recipes. Add edamame to salads, create side dishes with it, take along portable edamame in the pod for a convenient snack, and incorporate shelled edamame into dips like guacamole and hummus. One cup of frozen prepared edamame provides 18 grams of protein.



## Soy Flour

Made from defatted and lightly toasted soy flakes, soy flour contains an average of 50 percent protein (compared to the 15 percent protein in high protein wheat flour). When baking with soy flour, you can replace up to 30 percent of the wheat flour in a recipe with soy flour. Take advantage of soy flour to add plant protein to your standard recipes for muffins, quick breads, cookies or brownies. It is available online.



## Soynuts

Roasted soynuts (dry roasted soybeans) offer about 15g protein per ¼ cup serving. Eat them as snacks, combine them with dried fruits to make your own snack mixes, bake them into cookies, and or dip them in chocolate.





## Soybean Oil

When you're adding healthy fat to your diet, soybean oil is a good choice because it has a low saturated fat content and a high polyunsaturated fat content.

Soybean oil offers the advantages of having a neutral flavor, and a high smoke point, which means that it is an all-purpose ingredient for everything from salad dressings to sautéing and frying.

To find soybean oil on grocery shelves, simply read the labels on vegetable oil bottles. Soybean oil is nearly always marketed and labeled as vegetable oil. With all its culinary advantages, you'll be surprised to find it is an inexpensive oil. And remember—replacing saturated fat with monounsaturated fat and polyunsaturated fat can make a positive contribution to your diet. Soybean oil is rich in polyunsaturated fat, contains a moderate amount of monounsaturated fat and is very low in saturated fat.



## Soynut Butter

Soybeans, like peanuts, are legumes so it is not surprising that soynut butter is made much the same way as peanut butter. It is an especially good choice for those who have to avoid peanut butter.

Ground, roasted soybeans and soybean oil are the essential ingredients. Many commercially available brands contain sugar and salt as well. You can also find recipes for making your own. Depending on the brand, 2 tablespoons of soynut butter offer about 7 grams of protein.



## Soy Protein Powder

Soy protein powder, a complete protein made from defatted soybean flakes, bumps up the protein content of pancakes, shakes, granola, breads and other baked goods. Its neutral flavor is an added bonus in these applications. Brands such as Bob's Red Mill (17 grams protein per  $\frac{1}{4}$  cup) are widely available at many grocery stores.



## Tofu

Tofu is the all-purpose soyfood, used as the versatile plant protein version of dairy in recipes. Thanks to its neutral flavor, tofu easily takes on the flavor of sauces, marinades and seasonings. Tofu has a cheese-like or custard-like consistency, with less than 5 grams of fat per serving, no cholesterol and practically no sodium. Tofu is made of pressed soymilk curds with nigari (seawater minerals) that thicken soy curds to create tofu's custardy texture. Depending on the type of tofu you use, it can replace sour cream, milk, ricotta or heavy cream in everything from pasta recipes to pies, mashed potatoes, smoothies, dressings and dips. Between the two basic types of tofu—water-packed and silken—you've got it covered. Extra-firm water packed tofu—good for stir fry dishes,—supplies about 8 grams of protein per 3-ounce serving.

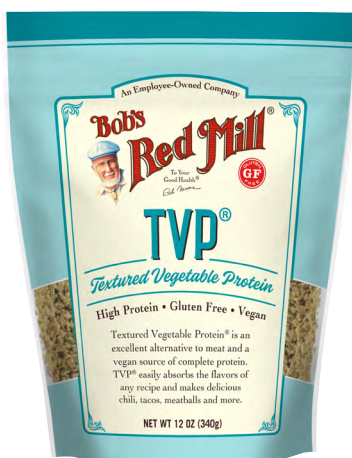






## Silken Tofu

Silken tofu is sold in aseptic boxes that do not require refrigeration until they are opened. The shelf life is often one year. Choose silken tofu for smoothies, desserts, salad dressings and dips. It is available in soft, firm and extra firm types, as well as a lite version. Silken tofu provides 8.5 grams of protein per 3-ounce serving. Soft silken tofu has a consistency similar to dairy sour cream and its shape breaks apart when it is removed from the package. Try it in smoothies, or use it to create rich ranch dressing. Firm silken tofu is rather wiggly with a custardy texture like crème brûlée. It makes rich soups and robust mashed potatoes. Extra firm silken tofu is your go-to variety when you're making lasagna or creating memorable desserts. Its texture can be compared to JELL-O cubes.



## Textured Vegetable Protein

TVP granules—also called Textured Soy Protein (TSP)—are a fiber-rich, zero-fat food. This dried soy protein has a naturally mild flavor that allows it to take on the flavor of ingredients it is mixed with, such as ground beef or turkey. TVP/TSP typically from 11 to 13g of soy protein per ¼ cup serving. TVP/TSP granules are inexpensive, shelf-stable and widely available. Sprinkle TVP/TSP into pasta sauces in place of sausage (use a sausage seasoning spice mix if you wish), make chili or tacos with it, mix it half-and-half with your morning oatmeal, or add it to baked fruit as a crumb topping. Throughout the recipes we will refer to TVP.

## Miso

When you want to add a little umami (savory taste) to your food, you can choose from three types of miso paste—white, yellow and red. You'll find this traditional Japanese ingredient in the refrigerated section at many supermarkets. Miso is soybean paste fermented with rice, barley or other grains. It adds personality—and approximately 2 grams of protein per tablespoon—to your recipes.

Nutrition benefits of miso include probiotics (naturally occurring live beneficial bacteria found in fermented foods such as yogurt, tempeh, sauerkraut and kimchi that are good for the digestive system).

Each miso type has its own flavor profile and uses.

### White Miso

Mild-flavored white miso can be added to salad dressings, soups and chowders.

### Yellow Miso

With a nuttier and slightly more robust flavor than white miso, this is the miso you'll want to use in marinades or stir into the soybean oil you're tossing vegetables with before roasting them in the oven.

### Red Miso

Red miso complements roasted meats and gravies. Use it instead of salt to add an extra flavor punch to grilled steaks or pan-fried chops.



# The Way to Go With Miso

- Stir white miso into butter for popcorn
- Add white miso to the filling for stuffed mushrooms
- Flavor chowders with white miso
- Incorporate white miso into ranch dip to dress up raw vegetable appetizers
- Mix a little white miso into your Bloody Mary cocktails
- Discover the nutty difference when you add 2 to 3 tablespoons of white miso to chocolate cake batter or brownie batter. Miso brings out the flavors.
- Should you find yourself wanting to talk about how much you love this ingredient, remember that it's pronounced MEE-soh.

# Online Soyfoods Shopping

## Convenient Sourcing of Snack-Friendly Soy Ingredients

Did you know that one of the top global consumer trends in 2021 is the online virtual shopping experience? By 2025, e-commerce is expected to account for half of the retail growth worldwide. Count us among those who are contributing to the growth of online shopping for groceries.

Depending on where you live, you may already be stocking your pantry with locally purchased soyfoods for snacking. Sometimes, though, it's more convenient to buy shelf-stable soyfoods in larger quantities, or not even have to leave home to shop.

Here are some websites we've frequented lately. Once you start exploring the possibilities online, you'll discover a whole world of convenient soyfoods. Best of all, they'll be shipped right to your door.

### [www.amazon.com](http://www.amazon.com)

Amazon Prime members can order ingredients such as miso paste, tempeh and shelf-stable soymilk from Whole Foods Market, or other Amazon sources. You'll also come across many snack-creating ingredients. That's where we found Yupik Dry Roasted and Unsalted Soya Beans, Yupik Dry Roasted and Unsalted Edamame, and a variety of dried soybeans.



## **[www.morinu.com](http://www.morinu.com)**

Mori-Nu Silken Tofu is shelf-stable so you can stock up on a variety of silken tofu, including soft, firm, extra firm, organic, lite firm and nigari. That way, you'll always be just one step away from making a fruit or vegetable dip on any given day.

**[www.soupbase.com](http://www.soupbase.com)** The Chef 's Ingredient Outlet opens new worlds of flavor with its selection of global herbs and spices such as cardamom, curry powder, and peppers. Professional chefs order from the outlet, but so do we. You'll find flavor concentrates and extracts that make it so simple to flavor tofu dips and create custom smoothies. Check out the spice rubs and marinades for new cubed tempeh ideas, too.

**[www.swansonvitamin.com](http://www.swansonvitamin.com)** Swanson sells vitamins and supplements including soy protein isolate powder that can be added to shakes, but we've ordered soyfoods from the Health Food and Grocery Section of the website. You'll find TVP (Textured Vegetable Protein), canned Black Soy Beans, shelf-stable soymilk and more.

**[www.walmart.com](http://www.walmart.com)** If you haven't seen soy sour cream or soy cream cheese in your local grocery store, look for Tofutti brand that is available at many Walmart outlets.

# What does your snack style say about you?

The International Food Information Council (IFIC) recently identified six types of snackers. Inspired by IFIC's findings, we're going to make some predictions about you, based on your snacks of choice.

## Dips with fruits and vegetables

Not only do you have to look after your own snacks, you're probably making them for your kids, too. Maybe you're even supplying shareable snacks for your friends at work. You're not alone in choosing fruits and vegetable-related snacks. Globally, 56% of consumers are trying to include more plant-based food and beverages in their diets. Dips can serve as snacks for the whole family, or even the whole office (but no double-dipping). Check out the recipes for Spiced Fruit Dip (page 24), Edamame and Garbonzo Hummus (page 26) Hot Pecan Dip (page 28) and Easy Peasy Dill Vegetable Dip (page 40) for some fresh ideas.

## Peanut butter, soynut butter or edamame in the pod

No matter how hectic your life gets, you try to eat well, and build snack plans into your day. Others agree with you, too: Worldwide, people are becoming attuned to proactive eating that takes health into consideration. In 2020, 43% of Americans said they followed a specific diet or eating pattern with the past year, up from 38% the previous year. See the recipes for Soynut Butter Pita Pockets (page 104), Edamame Mango Dip (page 106) and Tempeh Bites with Curried Peanut Sauce (page 76).

## Trail mix

You're an active person who spends time outdoors, running, walking your dog, bicycling or hiking your favorite trails. That's good for your health. Soy snacks should fit right into your active lifestyle. Did you know that in a recent survey about global

food trends, 50% of consumers associated high-protein diets with physical energy? Maybe your adventurous life has you traveling a lot, too. Do you take along your own airplane snacks? Consider easy-to-make portable energy-boosters like Tempting Trail Mix (page 102) and Asian Style Chex Party Mix (page 120).

## Healthy Sweets

Not every snack has to come in a cellophane package. Breakfast ingredients like fruit flavored yogurt can function as snacks. You also can make a snack that doubles as a family dessert. You're on a budget, but you want to eat well while stretching your food dollar. For shoppers who want to add more plant-based foods to their diet, tofu, edamame, soymilk and canned soymilk are convenient product choices. You can make easy yet indulgent treats that are healthful choices...all rolled into one recipe. Start with snacks like No Bake Chocolate Cookies (page 58) and Rice Krispies Treats with a Soy Twist (page 108).

## Substantial Snacks

You might not want to admit it, but sometimes you work right through your lunch hour, or go directly from work to choir rehearsal or yoga class. Recently 32% of Americans reported they've been snacking more. Maybe you crave snacks that have several ingredients, perhaps even a mix of what you might enjoy at a meal if you had time. For snacks that are like mini meals, look for recipes such as the Protein-Packed Green Smoothie (page 114) and Edamame Mango Dip (page 106). You can also have Slow Cooker Calico Beans (page 94) waiting for you whenever you get home.

## Sometimes it's nuts and sometimes it's sweet

At the height of the pandemic in December 2020, approximately 71% of Americans were working from home and 54% said they wanted to continue doing so. Working from home means you're so close to your own refrigerator that you face temptations that didn't even exist when you were in the office. Keep sweet, salty, nutty and savory soy snacks on hand. We suggest something like Guilt-Free Brownies (page 54) or Granola Bars Extreme (page 122).

# Zippy Dips

for fruits, veggies, and chips

Anybody who thinks they could probably live on vegetables, chips and dips could be right. Except that would mean missing out on all the other fabulous snacks out there. Nevertheless, soyfoods make quick, protein-packed dips for picnics, parties, after-school snacks. They also add to the mood for a quiet evening at home. And last but not least, dips offer an excuse to eat crackers and really good bread.

*Soy-rich dips offer a wide world of global flavors.*





## TIPS FOR ZIPPY DIPS

Edamame, canned soybeans and tofu are all dip-worthy ingredients for your freezer and pantry. You can add frozen edamame to guacamole or hummus recipes. Combine packaged dip or dressing mixes with silken tofu to make vegetable dips. For seasonal fruit dips, try tofu-pumpkin dip made with canned pumpkin pie filling. Silken tofu also adds a creamy note to bean dips.

# Black Soybean Salsa



Chef David Garcia of Atlanta gives canned black soybeans a Southwestern accent with this versatile salsa recipe. Consider this salsa just one more example of why every pantry should have a few cans of black soybeans.

MAKES  
**2**  
CUPS

## INGREDIENTS

- 1 (15-ounce) can black soybeans, drained and rinsed
- 1 small tomato, diced
- ¼ small yellow onion, minced
- 2 large cloves garlic, minced
- 1 tablespoon cilantro, chopped (optional)
- 1½ jalapeños, minced
- 1½ limes, juice only
- 1 teaspoon smoked tomato powder
- Salt to taste
- Blue corn chips or crackers, as needed for dipping

## DIRECTIONS

- 1 In a medium bowl, mix black soybeans, tomato, onion, garlic, cilantro and jalapeños.
- 2 Juice limes and add to soybean mixture.
- 3 Add tomato powder and salt to taste.
- 4 Mix gently and let set for two hours before serving.

Serve with chips or crackers.

# Tofu Ranch Dip



There's a reason why Ranch Dip is a perpetual favorite—it's a creamy complement to so many salads and crunchy snacks. Tofu Ranch Dip is also simple. When you have silken tofu on hand, it takes only a few moments to create a batch of this dip. Also, you can add cubed avocado to the ingredient mix for a versatile sandwich spread. Try it with BLTs sometime.

MAKES  
**1½**  
CUPS



## INGREDIENTS

- 1 package Mori-Nu silken tofu, soft
- 5 tablespoons soybean oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon parsley
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 2 teaspoons salt, or to taste

## DIRECTIONS

- 1 Combine all ingredients in food processor and purée until smooth. If too thick, add water to thin.

Serve with vegetables, crackers or chips.



# Spiced Fruit Dip



When you make a dip that's this easy, it almost seems like cheating. This kid-pleasing blend elevates fresh fruits like strawberries, bananas, melon, grapes, apple or peach slices to the next level.

MAKES  
**1**  
CUP

## INGREDIENTS

1 ¼ cups Mori-Nu silken tofu, firm

2 tablespoons brown sugar

½ teaspoon cinnamon

## DIRECTIONS

- 1 In a blender, blend all ingredients until well blended and smooth.
- 2 Cover and chill at least 2 hours.

Serve with a variety of fresh fruits. Garnish with fresh mint if desired.

# Edamame Garbanzo Bean Hummus



Dips enhance crackers and crispy fresh vegetables, but this version of hummus stands on its own. The vibrant color and fresh flavor help make it a standout snack.

MAKES  
**2**  
CUPS

## INGREDIENTS

- 1 (10- ounce) package frozen shelled edamame,  
cooked according to package directions
- $\frac{3}{4}$  cup garbanzo beans, drained and rinsed
- 2 teaspoons minced garlic
- 2 tablespoons soybean oil
- 3 tablespoons lemon juice
- $\frac{1}{2}$  teaspoon onion powder
- Salt and pepper to taste

## DIRECTIONS

- 1 In a blender, add edamame and garbanzo beans; blend. Add oil, lemon juice and onion powder; pulse and blend until smooth.

Serve with raw vegetables, crackers of choice and big pretzel sticks.



# Hot Pecan Dip



We call it a dip, but this is one snack that's so satisfying you might not mind skipping a meal. Think of it as a party on a plate.

MAKES  
**1½**  
CUPS



# INGREDIENTS

## PECANS:

- ½ cup chopped pecans
- 2 tablespoons butter, melted
- ½ teaspoon salt

## DIP:

- 1 (8-ounce) carton soy cream cheese
- 2 tablespoons milk
- 1 (2-ounce) package dried beef, cut into small pieces
- ¼ cup chopped green pepper
- 1 small onion, grated
- ¼ teaspoon pepper
- ½ teaspoon garlic powder
- ½ cup soy sour cream

# DIRECTIONS

## PECANS:

- 1 In a small bowl, mix pecans with butter and salt.
- 2 Bake at 350°F for 10-15 minutes or until lightly browned. Set aside.

Option: Place in small microwaveable bowl; microwave on high for 1 minute and 30 seconds.

## DIP:

- 1 Thoroughly mix all ingredients, except sour cream.
- 2 Fold in sour cream: pour into a baking dish. Sprinkle with nut mixture; bake for 20 minutes.

Serve hot with crackers or party pumpernickel bread.

# Sun-Dried Tomato Tofu Dip



Sun-dried tomatoes make the flavor statement here, while silken tofu contributes plant protein. You're in charge of the mix of fresh vegetables for dipping.

MAKES  
**2**  
CUPS

## INGREDIENTS

- 1 (8-ounce) Mori-Nu silken tofu, soft
- 1 (8-ounce) package soy cream cheese, softened
- 1 (1-ounce) package ranch seasoning dressing mix
- $\frac{1}{3}$  cup chopped, drained, marinated sun-dried tomatoes
- 1 teaspoon dried minced onion
- $\frac{1}{4}$  teaspoon garlic powder
- Vegetables or crackers for dipping

## DIRECTIONS

- 1 Blend or process the tofu until smooth.
- 2 In a medium bowl combine blended tofu, softened soy cream cheese, and seasoning mix until smooth.
- 3 Stir in chopped tomatoes, dried onion, and garlic powder. Cover and chill 1 hour.

Serve with bell pepper strips, celery or carrot sticks, raw broccoli, cauliflower florets, or crackers.

# Crab Dip with Tofu and Flame-Roasted Red Bell Pepper



Crab dip is just right for improvisational elegance at a last-minute cocktail get-together, casual munchies for tailgate parties, or a quick late-night snack that can be made with pantry ingredients. Tofu and mayonnaise add the creaminess, while miso provides a balancing savory note.

MAKES  
**1<sup>1</sup>/<sub>3</sub>**  
CUPS



## INGREDIENTS

- 4 tablespoons Mori-Nu silken tofu, extra firm
- 2 tablespoons mayonnaise
- 2 teaspoons lemon juice
- ½ cup flame-roasted red pepper (from a jar),  
drained and patted dry
- 2 scallions
- 1 teaspoon Old Bay seasoning
- 1 teaspoon dried dill
- 1 teaspoon dried basil
- 1 teaspoon white miso
- 1 (6-ounce) can crab meat

## DIRECTIONS

- 1 In a food processor, combine all ingredients except crab meat and pulse until they are well-combined.
- 2 Stir in crab meat and serve chilled or warm.

Serve with pita chips, tortilla chips, crackers or thinly sliced rustic bread.



# Oh, Solo Miso

(Vegetable Dip for One)



When you've got an evening to yourself, you've no doubt earned it. If you are looking for a fresh snack that doesn't require cooking, try this simple but sensational dip combining miso and mayonnaise. Enjoy it as a dip for fresh vegetables, chips or crackers.

(Hint: You might also want to try it as a bread spread the next time you make a grilled cheese sandwich.)

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MAKES  
**1**  
SERVING

## INGREDIENTS

- 2 tablespoons mayonnaise
- 1 teaspoon red miso
- 1 teaspoon granulated sugar
- 1 dash of soy sauce (optional)

## DIRECTIONS

- 1 In a small bowl, whisk ingredients together until they are well blended.  
  
If desired, garnish with garden-fresh herb sprig.  
  
Serve with an assortment of vegetables.

# Western Tofu Black Bean Cheese Dip



Did cowboys eat black soybeans in the Old West? Well, if they didn't, one taste of this dip will demonstrate what they were missing. It's a soy-ized version of a timeless favorite.

SERVES  
**6**

## INGREDIENTS

1 (8-ounce) package soy cream cheese, softened  
½ cup Mori-Nu silken tofu, firm  
½ cup plain soymilk  
1 egg  
1 tablespoon taco seasoning mix  
1 cup shredded, cheddar-flavored soy cheese  
¼ cup salsa  
¼ cup black soybeans, mashed  
Soy sour cream, as needed  
Favorite chips and vegetables

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a mixing bowl or food processor, combine the soy cream cheese, tofu, soymilk, egg, and seasoning mix until well-blended. Stir in shredded soy cheese, salsa and mashed black soybeans.
- 3 Pour the mixture into a 6-inch spring form pan or a 1-quart casserole.
- 4 Bake for 30 to 35 minutes, or until dip is browned around the edges and a knife inserted near center comes out clean.
- 5 Cool. Refrigerate dip until serving time. Garnish as desired with soy sour cream, salsa, and black beans. Serve with crackers and vegetables.



# Creamy Avocado & Silken Tofu Hummus



Texture meets taste in this creamy hummus that shows how well avocados collaborate with silken tofu. You'll find yourself serving it all year long.

MAKES  
**3-4**  
CUPS



## INGREDIENTS

1 (15.5-ounce) can garbanzo beans (chickpeas), drained  
2 tablespoons water  
6 ounces Mori-Nu silken tofu, soft (or about ½ package)  
2 ripe avocados, cored and peeled  
⅓ cup tahini  
1 lime, juice only  
3 teaspoons minced garlic  
3 tablespoons soybean oil  
½ teaspoon cumin  
Salt to taste  
Parsley for garnish

## DIRECTIONS

- 1 Combine all ingredients in a blender; blend until smooth. Pour into serving bowl.

Garnish with parsley.

Serve with crackers and vegetables.

# Easy Peasy Dill Vegetable Dip



All seems right in the kitchen when something this good is so easy to make. Also, note how well soy and dairy play together. Enjoy this recipe as a vegetable dip or salad dressing for BLT salad made with bacon or your favorite bacon alternative, lettuce, croutons and chopped tomatoes.

MAKES  
**1 1/2**  
CUPS

## INGREDIENTS

- 1 cup plain Greek yogurt
- ¼ cup Mori-Nu silken tofu, soft
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon Italian seasoning
- ¼ cup fresh dill, minced

## DIRECTIONS

- 1 In a medium bowl, combine all ingredients: mix well.

Serve with your favorite vegetables or as a salad dressing.

# Delicious Feta Dip



Feta adds a satisfying level of tanginess and saltiness. The Greek yogurt, soy cream cheese and silken tofu add creaminess. Dairy and soy get together to create this a must-make dip for vegetables and chips.

MAKES  
**1 1/2**  
CUPS



## INGREDIENTS

8 ounces crumbled plain feta cheese  
4 ounces soy cream cheese (½ package)  
½ cup plain Greek yogurt  
½ cup Mori-Nu silken tofu, soft  
1 ½ tablespoons lemon juice  
2 teaspoon lemon zest  
2 teaspoons minced garlic  
⅓ cup minced pepperoncini peppers  
3 tablespoon chopped fresh parsley leaves  
Tomatoes, chopped, as needed for garnish  
Cucumbers, chopped, as needed for garnish  
Fresh herbs, chopped, as needed for garnish

## DIRECTIONS

- 1 In a medium mixing bowl, add the first 6 ingredients; beat well.
- 2 Add peppers, dill and parsley: mix well.
- 3 Garnish with cucumbers and tomatoes and a favorite garden-fresh herb, if desired.

Serve with vegetables and crackers.

# Jalapeno Spicy Corn & Silken Tofu Dip



Remember the story Goldilocks and the Three Bears? This dip would have satisfied Baby Bear, Mama Bear and Papa Bear, because the spice level can be easily adjusted for any palate. Not only is it mild enough for kids, it offers a great way to pair familiar food (corn) with an unfamiliar one (soy sour cream and cream cheese) for a winning combination. Dipper tortilla chips were made for this dip.

MAKES  
**4**  
CUPS

## INGREDIENTS

- 2 (11-ounce) cans Mexican-style corn, drained
- 1½ cups shredded Cheddar-Monterey Jack cheese blend
- ½ cup Mori-Nu silken tofu, firm
- 1 cup soy sour cream
- ¼ cup mayonnaise
- ¼ cup soy cream cheese
- 1 (4-ounce) can diced green chiles
- 1 teaspoon onion powder
- 1-2 jalapeno peppers, seeded and finely chopped

## DIRECTIONS

- 1 In a medium bowl, add all ingredients; blend well.

Serve warm or cold with dipper tortilla chips.



# Cauliflower and Silken Tofu Dip



What happens when two trendy, healthful ingredients meet up in one bowl? A little dip magic, that's what. The cauliflower adds body and great nutrition. The silken tofu adds creaminess and plant protein. Consider it a stealthy-healthy way to incorporate more vegetables into kids' diets.

**MAKES**  
**1 1/2**  
**CUPS**



## INGREDIENTS

3 cups raw cauliflower florets  
2 tablespoons water  
2 tablespoons soybean oil  
1 teaspoon salt  
3 teaspoons minced garlic  
2 tablespoon tahini  
3 tablespoons lemon juice  
2 teaspoon minced garlic  
3 tablespoons soybean oil  
6 ounces Mori-Nu silken tofu, firm (½ box)  
Salt to taste  
Smoked paprika for garnish

## DIRECTIONS

- 1 In a microwavable medium bowl, add cauliflower, water, 2 tablespoons soybean oil and salt.
- 2 Microwave for about 10 to 12 minutes until cauliflower is soft.
- 3 Place mixture in a food blender or processor; blend until smooth.
- 4 Add tahini, lemon juice, garlic, 3 tablespoons soybean oil and tofu; blend. Taste; add salt.
- 5 Place hummus in serving bowl; sprinkle with paprika. Serve with vegetables and crackers

# Pecan Crusted Spinach Artichoke Dip



Zippy Dips

MAKES  
**3½**  
CUPS

## INGREDIENTS

8-ounce soy cream cheese (½ package)  
½ cup Mori-Nu silken firm tofu, drained  
1 (16-ounce) frozen cut leaf spinach, defrosted and drained  
½ cup soy sour cream  
1 (14-ounce) can artichokes, drained and coarsely chopped  
½ cup grated Parmesan cheese  
⅓ cup chopped onion  
⅛ teaspoon cayenne pepper  
½ teaspoon salt  
½ teaspoon black pepper  
⅓ cup crushed herb stuffing  
½ cup chopped pecans  
2 tablespoons butter, melted

## DIRECTIONS

- 1 Preheat oven to 400°F.
- 2 Combine cream cheese and tofu in large bowl; add spinach, artichokes, cheese, onion, cayenne pepper, salt and pepper; mix well. Place in 2-quart greased baking dish.
- 3 In a small bowl, combine stuffing, pecans and butter; mix well. Sprinkle over dip mixture.
- 4 Bake for 20-25 minutes or until hot and lightly browned on top.

Serve with crackers or favorite bread.

# Dairy-Free Tofu Green Goddess Dip



This contemporary salad dressing recipe is courtesy of Katie Sullivan Morford, MS, RD, <https://katiemorford.com/> and [Soy Connection](#). Classic green goddess gets a nourishing makeover by relying on tofu and avocado for creaminess in place of sour cream. The result is an herbaceous dip that packs more protein, fiber, and healthy fats than its more traditional counterpart. Take it from dip to salad dressing by adding an extra tablespoon or two of water.

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MAKES  
**1**  
CUP



## INGREDIENTS

- 4 ounces Mori-Nu silken tofu
- ½ ripe avocado
- ¼ cup light mayonnaise
- 2 tablespoons lemon juice
- 2 tablespoons water
- 15 fresh basil leaves, torn
- 3 green onions, white and light green parts, cut into a few pieces
- 1 small clove garlic, chopped
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper

Cut up vegetables, such as carrots, radishes, cucumber, and snap peas.

## DIRECTIONS

- 1 Put all of the ingredients into the bowl of a food processor fitted with a metal blade and run until creamy and smooth.

Transfer to a bowl and serve with cut up vegetables for dipping.

# Sweet Snacks

## with soy protein included

Here's one tip for sweetly satisfying snacks: Develop a close relationship with ingredients such as tofu, soy sour cream, soynuts and soynut butter.

Here's another tip: Get with the grab-and-go culture because better-for-you cookie recipes are portable snacks that work for mid-morning as well as they do for dessert. Also, it's no coincidence so many of these sweet snack ideas feature chocolate. We learn from experience.

*Soyfoods and sweet flavors were made for each other.*



## More Hints for Making Sweet Snacks with Soyfoods

- Use silken tofu when you want a smooth, creamy texture.
- Select Mori-Nu firm or extra firm silken tofu when you want recipe ingredients to set back up after refrigerating.
- When a cookie or snack recipe calls for oatmeal, you can boost the protein by using a blend of half oatmeal and half textured soy protein ( TSP/TVP).
- It's easy to incorporate soy flour into your favorite cookie or brownie recipes. When a recipe calls for 1 cup flour, you can replace up to 30 percent of all-purpose flour. To experiment, start by replacing  $\frac{1}{4}$  cup of all-purpose flour with soy flour, and increase it to  $\frac{1}{3}$  cup soy flour if you wish. Soy flour has an average of 50 percent protein, compared to 10-13 percent found in all-purpose flour.

# Guilt Free Brownies



Not that you need to feel guilty about enjoying a snack, but isn't it good to know that a splurge item like classic brownies has evolved into a better-for-you version? Substitute 6 egg whites for 3 whole eggs to make this a cholesterol-free treat. Children can help make this recipe, as long as a parent works the food processor. Canned black soybeans are available online, in natural and health food stores and in some large supermarkets. See our online shopping tips on page 16.

**MAKES**  
**16**  
**BROWNIES**



## INGREDIENTS

- 1 (15-ounce) can black soybeans, rinsed and drained
- 3 large eggs
- ½ cup sugar
- ¼ cup all-purpose flour
- ¼ cup soybean oil
- 3 tablespoons cocoa powder
- 2 tablespoons brewed coffee
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- ¼ cup powdered sugar, for garnish

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a colander or strainer set in the sink, drain and then rinse the black soybeans.
- 3 Spray an 8 x 8-inch glass baking dish with cooking spray.
- 4 Add the beans to a food processor or blender and process for several seconds. Beans should look coarse, not smooth.
- 5 Add all remaining ingredients except powdered sugar. Blend until smooth.
- 6 Pour mixture into the prepared baking dish. Bake until a toothpick inserted into the middle comes out clean, about 25 minutes.
- 7 Cool pan on rack, then cut brownies into fourths each way to make 16 brownies.
- 8 Sprinkle with powdered sugar, if you wish.
- 9 If you wish, stir in ¼ cup semisweet chocolate chips and/or ¼ cup chopped walnuts, pecans or almonds before spreading batter in pan.

Serve brownies warm with vanilla soy ice cream.

# Tofu Banana Yogurt



Whether you're looking for a mid-morning snack, an afternoon pick-me-up, after school snacks or a bedtime treat, Tofu Banana Yogurt satisfies the urge.

**MAKES**  
**4**  
**SERVINGS**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu silken firm tofu, drained
- 1 ripened banana
- 1 teaspoon vanilla extract
- 2 tablespoons honey
- 2 tablespoons lemon juice
- 1 cup granola

## DIRECTIONS

- 1 In a blender, add all ingredients except granola.
- 2 Puree until smooth.
- 3 Divide among serving dishes.
- 4 Top each serving with  $\frac{1}{4}$  cup granola.

# No-Bake Chocolate Cookies



Keep these cookies in the refrigerator for mornings when there's no time for breakfast, and afternoons when the kids are clamoring for a snack. In fact, after you've made the first batch, you might decide you need to double the recipe next time around.

**MAKES  
APPROX.  
20  
COOKIES**



## INGREDIENTS

- ¾ cup sugar
- 2 tablespoons unsweetened cocoa powder
- ¼ cup vanilla soymilk
- 1 tablespoon butter
- ¼ cup soynut butter
- 1 ¼ cups rolled oats
- ½ cup soynuts, coarsely chopped, or pecans or walnuts
- 1 teaspoon vanilla extract

## DIRECTIONS

- 1 Line a baking sheet with wax paper or parchment paper; set aside.
- 2 Combine sugar and cocoa in a medium saucepan. Stir in soymilk and butter. Bring to a full rolling boil over medium heat, stirring constantly.
- 3 Stir in soynut butter, oats, soynuts and vanilla. Remove from heat. Stir until well blended.
- 4 Drop warm oat mixture by spoonfuls onto waxed paper. Chill until firm. Refrigerate leftovers.

Serve with a glass of soymilk—vanilla or chocolate flavors work well with these cookies.

# Silky Lemon Tofu Pudding



Enjoy lemony pudding not only as an elegant snack in mini pies and parfaits, but also as a dip for small sugar cookies or an accompaniment for juicy strawberries.

**SERVES**  
**8-10**

## INGREDIENTS

- 1 (10-ounce) jar lemon curd
- 1 (12.3-ounce) package Mori-Nu silken tofu, firm
- Raspberries (or fruit of choice) and whipped topping, for garnish

## DIRECTIONS

- 1 In a blender, add lemon curd and tofu. Blend until smooth.
- 2 When ready to serve, add lemon mixture to individual graham cracker crust shells.
- 3 Or, layer the pudding in parfait glass with whipped cream.

Garnish with raspberries or fruit of choice.

# Chocolate Cardamom Tempeh



You've probably never thought of chocolate and tempeh traveling together in the same snack, but it's time to reconsider. Cardamom helps pull together the nutty flavor of tempeh and the sweetness of chocolate. It's an aromatic spice that adds a warm and spicy-sweet flavor with citrusy notes. Cardamom is popular in Indian, Swedish and Middle Eastern cuisines and has a wide range of uses from curries to cookies to Turkish coffee. Did we mention that tempeh provides 16 to 18 grams of protein per a 3-ounce serving?

**MAKES**  
**4**



## INGREDIENTS

- ½ pound semi-sweet chocolate
- 1 teaspoon ground cardamom
- 2 (8-ounce) packages multi-grain tempeh, sliced to ½-inch thickness, cut into triangles
- Soybean oil, as needed

## DIRECTIONS

- 1 In a microwaveable bowl, add chocolate and cardamom. Microwave for 1 minute; stir. If more time is needed, do it in 30 second increments until the chocolate is completely melted. You can also melt chocolate and cardamom in a double boiler, stirring until the chocolate melts.
- 2 Set aside melted chocolate/cardamom mixture and keep warm.
- 3 In a medium size fry pan, add oil to coat bottom of pan. Oil should be hot but not smoking. If doing in an air fryer, spray the basket with non-stick cooking spray. Add tempeh in batches; sauté or air fry until golden or lightly browned.
- 4 Place tempeh on sheet pan lined with paper towel. Dip warm tempeh triangles in warm chocolate-cardamom sauce. Place chocolate tempeh triangles onto a sheet pan lined with parchment paper. Cool to set up.

Serve with fresh raspberries, or serve it plain for a quick protein snack.

# Elizabeth's Chocolate Pudding Pies



Smooth, silky and chocolaty are all buzzwords that bode well for indulgent snacks. Everyone should have a few recipes for no-bake sweets to make on hot days or during busy times, and this one is definitely a keeper. It's an adaptation of cookbook author Elizabeth Karmel's recipe.

**SERVES**  
**6**

## INGREDIENTS

- 1 (12.3-ounce) package Mori-Nu silken tofu, firm
- 1 cup powdered sugar
- 1 cup high-quality cocoa
- 1 tablespoon vanilla
- 6 individual, prepared graham cracker crust pie shells
- ½ pint of heavy whipping cream, whipped
- Raspberries, for garnish
- Shaved chocolate or mini chocolate chips, for garnish

## DIRECTIONS

- 1 In a blender, combine tofu, powdered sugar, cocoa, and vanilla. Blend until smooth; chill for 30 minutes.
- 2 Spoon into individual pie shells—or dollop into serving dishes—and chill loosely covered in the refrigerator until ready to serve.
- 3 Top with whipped cream and garnish with raspberries and shaved chocolate just before serving.

# Toffee Bars



Toffee rhymes with coffee, which will help you remember that these bar cookies make an ideal accompaniment for a coffee break. When you add chopped soynuts to the classic combo of chocolate and toffee, good things happen.

**MAKES**  
**30**  
**TOFFEE**  
**BARS**



## INGREDIENTS

- 1 cup butter, softened
- 1 cup firmly packed brown sugar
- 1 egg yolk
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  cups all-purpose flour
- $\frac{1}{2}$  cup soy flour
- 1 (4.4-ounce) bar of milk chocolate, melted
- $\frac{3}{4}$  cup chopped soynuts or chopped pecans

## DIRECTIONS

- 1 Preheat oven to 325°F.
- 2 In large mixing bowl, cream the butter until light. Add sugar, egg yolk, vanilla; beat until well blended. Add all-purpose flour and soy flour, mix well.
- 3 Spread dough evenly in a lightly greased 10 x 15 x 2 inch pan. Bake for 12 to 15 minutes. (Watch carefully because cookies brown quickly.)
- 4 Let cookies cool for about 5 minutes. Spread with melted chocolate. Sprinkle with chopped nuts. Cool completely before cutting into bars.

If you're baking for chocolate-lovers, you might want to use 2 (4.4-ounce) milk chocolate bars.

# Wonderful Sour Cream Cookies



You can probably guess how these little gems got their name. Soy sour cream and dairy sour cream team up with tofu to create a cookie with craveable taste and texture. Sometimes it's hard to remember they're a snack and not a meal.

**MAKES**  
**4**  
**DOZEN**  
**2-INCH**  
**COOKIES**

## INGREDIENTS

### COOKIES

1 1/2 tablespoons (1 stick plus 3 tablespoons)  
unsalted butter, softened  
1 1/3 cups sugar  
1 egg  
1/4 cup Mori-Nu silken tofu, soft  
1 teaspoon vanilla extract  
3 drops almond extract  
1/3 cup dairy sour cream  
1/3 cup soy sour cream  
3/4 teaspoon baking soda  
2 cups all-purpose flour  
2/3 cup soy flour

### VANILLA ICING

1 1/3 cups sifted powdered sugar  
2 tablespoons vanilla soymilk  
3/4 teaspoon vanilla extract  
1/4 teaspoon almond extract  
candy sprinkles, if desired

## DIRECTIONS

### COOKIES

- 1 Preheat oven to 325°F.
- 2 In large mixing bowl, cream the butter and sugar at medium speed until light, about 3 minutes. Add egg, tofu and extracts; beat until blended.
- 3 In a small bowl, stir together the sour creams and baking soda (mixture will foam a little). Add flours to butter mixture alternately with sour cream mixture, beginning and ending with flour. Do not over mix.
- 4 Drop by level tablespoonfuls onto lightly greased baking sheets, spacing them about an inch apart. Bake until lightly browned around the edges, 10 to 12 minutes. Transfer to a wire rack to cool slightly.

### VANILLA ICING

- 5 In a small bowl, stir together powdered sugar, soymilk, and vanilla and almond extracts until smooth. Spread icing on cooled cookies. Sprinkle with candy sprinkles if desired.



# Holiday M&M's Soy Treats



Loaded bar cookies make a substantial sweet snack, especially when they're packed with TVP/TSP, oatmeal and chopped walnuts or pecans—and that's before you add the chocolate. TVP/TSP provides texture as well as a burst of soy protein. The cookies make great snacks to keep on hand during any holiday season, but you don't have to wait for a holiday to enjoy them.

**MAKES**  
**32**  
**BARs**



## INGREDIENTS

- 1 cup (2 sticks) butter, melted
- 1 cup brown sugar
- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{4}$  cup soy flour
- 1 teaspoon baking powder
- $1\frac{1}{2}$  cups old-fashioned (not instant) oatmeal
- $1\frac{1}{2}$  cups textured soy protein (TVP/TSP)
- $1\frac{3}{4}$  cups M&M's candies
- 1 (18-ounce) package brownie mix, prepared according to package directions

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In large mixing bowl, stir together brown sugar, flour and soy flour, baking powder, oatmeal, textured soy protein and M&Ms. Mixture will be crumbly.
- 3 Reserve 2 cups of this mixture and set aside.
- 4 In well-greased 10x15-inch pan, pat oatmeal mixture into an even layer.
- 5 In medium bowl, prepare brownies according to package directions.
- 6 Spread brownie batter over oatmeal layer in pan. Sprinkle remaining oatmeal mixture evenly over brownie layer.
- 7 Bake for 25 to 30 minutes.

Cool in pan on rack 10 minutes. Cut into bars.

# Henry Ford Chocolate Chip Soynut Cookies



The industrialist Henry Ford not only founded Ford Motor Company, he was one of America's foremost soybean and soyfood pioneers. Born in 1863 on a farm near Dearborn, Michigan, his name was closely linked with soybeans from the late 1920s until his death in 1947. He developed many new ways to use soybeans industrially and was one of the most creative of the original soyfoods pioneers. These cookies honor his contributions.

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**MAKES**  
**48**  
**COOKIES**

## INGREDIENTS

- 3 cups light brown sugar
- 2 cups butter, softened
- 4 large eggs
- 3 cups all-purpose flour
- 1 cup soy flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 tablespoons plain soymilk
- 2 teaspoon vanilla
- 2 cups roasted unsalted soynuts, crushed
- 1 (24-ounce) bag semi-sweet chocolate morsels

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a large mixing bowl, cream the brown sugar and butter for 2 minutes. Add eggs one at a time; beat until light and fluffy.
- 3 In a large bowl, combine dry ingredients; add to sugar mixture.
- 4 Beat in soymilk and vanilla. Stir in soynuts and chocolate chips.
- 5 Drop cookie batter by tablespoons onto baking sheet.
- 6 Bake for 8-10 minutes.

# Party Bites

## guest-pleasing soy snacks

One pandemic lesson we learned is how much we enjoy socializing, and how much we missed casual get-togethers. The secret to throwing a great party hasn't changed, though. You want to pamper your guests while making things easy on yourself so you can enjoy the occasion. Soyfoods create simple but party-worthy snacks that offer something out-of-the-ordinary. Don't be surprised when guests ask you for recipes.

*Versatile soyfoods create a variety of bite-sized tidbits.*





## Tips for Creating Flavored Soynuts

Turn soynuts into party food by offering a selection of flavors.

- **Chocolate-Lover Soynuts:** In a microwave safe bowl, melt 4 ounces of high-quality dark chocolate in 45-second bursts, stirring each time. This should take about 2 to 2½ minutes total, depending on your microwave. When chocolate is melted, add 2½ cups soynuts to bowl; stir to completely coat. Transfer chocolate soynuts to baking sheet. Allow to cool; store in covered container in refrigerator.
- **Salad-y Soynuts:** Add a bit of your favorite salad dressing mix to soynuts. In a large nonstick skillet over medium heat, add 1 tablespoon of soybean oil, 2 cups of roasted soynuts and 1 tablespoon of dry salad dressing mix (Italian, Caesar or Thousand Island). Stir and cook for 3 minutes; remove from heat and sprinkle another teaspoon of dressing mix onto soynuts and stir to distribute. Cool on cookie sheet.
- **Sweet Soynuts:** In a saucepan, combine 1 cup of brown sugar, ¼ cup of honey, and 2 tablespoons soybean oil. Heat for 2 minutes and stir until mixture is syrupy. Add 3 cups of plain roasted soynuts and cook for 3 minutes or until mixture starts to bubble. Cool on a cookie sheet. When soynuts are cool enough to work with, you can use a teaspoon to form small soynut clusters, if desired.

# Tempeh Bites with Curried Peanut Sauce



Who knew you could find adventure on the end of a toothpick? Braised tempeh bites offer an Indonesian-inspired taste of sweetness and spice. Global flavors of the marinade and sauce pair well with the nutty flavors of tempeh and roasted peanuts. Wash down these party snacks with iced tea, apple cider, beer or sparkling water.

SERVES  
**15**

## INGREDIENTS

### TEMPEH

- ¼ cup rice vinegar
- ¼ cup soy sauce
- ¼ cup sherry
- 2 teaspoons minced peeled fresh ginger
- 2 teaspoons soybean oil
- 3 garlic cloves, crushed
- 1 pound tempeh, cut into 30 cubes

### SAUCE

- 2 teaspoons soybean oil
- 1 cup chopped onion
- 2 teaspoons minced peeled fresh ginger
- ¼ teaspoon kosher salt
- 2 garlic cloves, chopped
- 2 teaspoons curry powder
- ½ teaspoon ground turmeric
- 1 cup water
- ¼ cup chopped dry roasted peanuts or plain soynuts
- 1 tablespoon fresh lemon juice

## DIRECTIONS

- 1 To prepare tempeh, combine first 6 ingredients in a large nonstick skillet; add tempeh, tossing lightly to coat. Bring to a boil. Cover, reduce heat to low, and simmer 15 minutes. Uncover mixture; increase heat to medium-high. Cook 4 minutes or until golden brown, turning frequently. Cool.
- 2 To prepare sauce, heat oil in a small saucepan over medium-high heat. Add onion, 2 teaspoons ginger, salt, and 2 garlic cloves; sauté 5 minutes. Stir in curry powder and turmeric; sauté 1 minute. Add water. Bring to a boil, and cook 1 minute. Cool 5 minutes.
- 3 Pour onion mixture into blender; add peanuts/soynuts and lemon juice. Process until smooth. Place a toothpick in each tempeh cube. Serve with sauce.



# Slow Cooker Bean Ranch Dip



For a versatile snack to serve family and friends, consider combining two popular flavors—bean dip and ranch dip. Not only is this creation an ideal way to incorporate soy into everyday diets, it also has the makings of a classic.

SERVES  
**10-12**



## INGREDIENTS

- 1 (16-ounce) can refried beans
- 1 (15-ounce) can black soybeans, rinsed and drained
- 1 (12-ounce) container soy sour cream
- 2 cups shredded cheddar cheese, divided
- 1 ounce packet ranch dressing mix
- 2 cups salsa
- Tortilla chips

## DIRECTIONS

- 1 In a 4-quart (or larger) slow cooker — or in an Instant Pot (using the slow cooker function)—add beans, sour cream, 1 cup of cheese and the ranch dressing packet. Stir to combine. Sprinkle remaining cheese over mixture.
- 2 Cover; cook on high for 2 hours or until hot and bubbly. Serve with salsa and chips.

# Plant-Based Party Patty Sliders



There's nothing like the luxury of ready-made plant-based burgers, but there's also nothing like stretching your budget when you're cooking for a crowd. Create a blend of your favorite brand of plant-based burger patties (Beyond Meat Patties or Impossible Burgers work well) with TVP/TSP.

SERVES  
APPROX.  
**8**

## INGREDIENTS

- 1 pound plant-based patties
- 1 cup textured soy protein (TVP/TSP)
- 2 eggs, beaten (or use equivalent of liquid egg product)
- ¼ cup soybean oil
- ½ cup ketchup
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried parsley flakes
- 1 tablespoon red miso
- 1 tube of ready-to-bake refrigerated buttermilk biscuits

## DIRECTIONS

- 1 Mix the ingredients; allow to chill in refrigerator for at least ½ hour before shaping patties.
- 2 In an air fryer sprayed with nonstick spray, cook 2 burgers at a time, 3-4 minutes on each side. Alternately, you can cook them in a skillet or on the grill.
- 3 Prepare biscuits according to package directions.

## ANOTHER SNACK IDEA

### Snacking Meatballs

Use the burger recipe to make about 36 meatballs. They cook quickly in an air fryer at 400°F. Cook them in batches for 5 to 6 minutes, shaking the fryer basket after about 3 minutes so they cook evenly.

You can also cook them in a skillet or on the grill. Serve with a selection of dips such as spicy ketchup, miso mayonnaise, sweet Thai chili sauce and barbecue sauce.



# Tofu/Cheddar Cheese Ball



Cheese balls are classic party food and we aren't about to mess with the cheddar part of the recipe. However, nobody says you can't tweak the formula. When you do, you'll see how well tofu and dairy products work together.

**MAKES**  
**1**  
**LARGE**  
**CHEESE BALL**

**-OR-**

**20-25**  
**BITE-SIZE CHEESE**  
**BALLS**



## INGREDIENTS

3 cups shredded cheddar  
6 ounces, Mori-Nu silken tofu, extra firm (½ package)  
2 tablespoons apple cider vinegar  
3 tablespoons soybean oil  
1 teaspoon white miso  
1 teaspoon onion powder  
1 teaspoon turmeric  
½ teaspoon garlic powder  
1 teaspoon chili powder  
1 tablespoon nutritional yeast  
3 tablespoon chopped dried chives  
Plain unsweetened soymilk for thinning mixture, as needed  
Dried parsley, for garnish

## DIRECTIONS

- 1 Add all ingredients except cheddar cheese to a food processor; pulse until well mixed and the consistency of cream cheese.
- 2 In a bowl, combine the tofu mixture and shredded cheddar cheese. Chill for at least an hour.
- 3 Form into a large cheese ball or bite-sized cheese balls; roll in dried parsley to garnish.

Serve with thin crackers or crusty bread.

## ANOTHER SNACK IDEA

Create bite-sized bursts of protein. Keep mini cheese balls in the refrigerator for quick snacks. Place one on a thin cracker and munch away.

# Caramel Soynuts



Try this coated soynut version for a sweetly satisfying snack. Caramel with a crunch can get you through a busy afternoon.

**MAKES**  
**4**  
**CUPS**

-OR-

**16**  
**¼ CUP**  
**SERVINGS**

## INGREDIENTS

4 cups roasted, unsalted soynuts  
½ cup butter  
¾ cup brown sugar  
1 teaspoon almond or vanilla extract  
1 teaspoon white miso  
½ teaspoon baking soda

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a nonstick medium or large skillet, melt butter; add brown sugar and allow to cook for 4 minutes, stirring constantly with spatula.
- 3 When mixture is bubbly, stir in ½ teaspoon baking soda, 1 teaspoon white miso and 1 teaspoon almond or vanilla extract. Continue cooking and stirring.
- 4 Remove pan from heat and stir in soynuts, making sure they are well-coated.
- 5 Transfer soynuts to a baking sheet and bake for 5 minutes. (Do not over bake—the caramel mixture tends to burn easily and may take on a slightly bitter flavor.)

# Soy Snacker Jax

## Caramel Soynuts and Popcorn



Calling all fans of caramel corn and Cracker Jacks: Back in 1872 two German immigrants in Chicago created a great snack combining peanuts, popcorn and molasses. It took another 21 years until the mixture made its successful debut at the 1893 World's Fair. At home, you can make your own updated version of the classic. Our recipe contains no peanuts or corn syrup. It's a mix of roasted soynuts and popcorn made without oil in a microwave.

**MAKES**  
**10**  
**SERVINGS**

Keep the Snacker Jax in a cookie tin, and pack up single portions in ziplocs for crunch-on-the-go.



## INGREDIENTS

1 cup caramel soynuts (see page 86)

10 cups popped popcorn

Caramel for popcorn:

½ cup butter

¾ cup brown sugar

1 teaspoon almond or vanilla extract

1 teaspoon white miso

½ teaspoon baking soda

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 For popcorn: Make air-popped popcorn in 2 batches by adding ⅓ cup unpopped popcorn to a paper lunch bag. Fold bag tops over two or times to seal in the popcorn before microwaving.
- 3 Cook each bag of popcorn separately in a microwave on the Popcorn setting (or, for about 2½ minutes).
- 4 For caramel: In a nonstick medium or large skillet, melt butter, add brown sugar and allow to cook for 4 minutes, stirring constantly with spatula. When mixture is bubbly, stir in ½ teaspoon baking soda, 1 teaspoon white miso and 1 teaspoon almond or vanilla extract. Continue cooking and stirring.
- 5 Remove any unpopped kernels before adding popped popcorn to the skillet. Toss popcorn to coat with caramel.
- 6 On a cookie sheet or large baking sheet, spread out coated popcorn and bake for 5 minutes. Remove caramel corn from baking sheet and allow to cool on wax paper. Blend with caramel soynuts.

# Sriracha Soynuts



Just think: spicy, savory, sweet and slightly salty....all of your favorite flavors rolled into one little soynut. We'd characterize this recipe as party-worthy but it's also a satisfying snack during your workday. You can incorporate Sriracha Soynuts into your own signature party mix, too.

Or, offer them as an alternative cocktail munchie for guests who are allergic to tree nuts.

**MAKES**  
**8**  
**1/4 CUP**  
**SERVINGS**

## INGREDIENTS

¼ cup honey

¼ cup sriracha sauce

2 cups roasted soynuts

## DIRECTIONS

- 1 In a microwave-safe bowl large enough to hold all the soynuts, warm honey slightly; whisk in sriracha sauce. Toss soynuts in sauce; mix thoroughly.
- 2 On foil-lined baking sheet sprayed with nonstick spray, spread the soynuts. Bake for 15 minutes at 350°F, stirring halfway through cooking.
- 3 After 15 minutes, remove soynuts from the oven; transfer to a wax-paper or parchment-lined baking sheet; allow to cool before transferring to a container for storage or a bowl for serving.

# Ranch Dressing Flavored Soynuts



Count on three minutes of cooking time—and dare we say it?—three minutes until the Ranch-flavored soynuts you put out at a party disappear. The good news is that you can always make more. Quickly.

MAKES  
**2**  
CUPS



## INGREDIENTS

- 2 cups roasted soynuts
- 1 tablespoon soybean oil
- 4 teaspoons dry Ranch Dip (from a 1-ounce packet of Ranch Seasoning)

## DIRECTIONS

- 1 In a large nonstick skillet over medium heat, add 1 tablespoon soybean oil; stir in 2 cups roasted soynuts and 3 teaspoons of Ranch seasoning mix.
- 2 Cook and stir for 3 minutes.
- 3 Remove skillet from heat; stir in remaining teaspoon of seasoning.

Serve as a party snack.

# Tofu Deviled Eggs



Back in 1992, cookbook author Jeanne Lemlin shared a great recipe for tofu eggless salad in *Vegetarian Classics* and we've made it many times over the years. But then we started thinking—why should vegetarians have all the fun? Those who are trying to limit their cholesterol intake but love deviled eggs will find this recipe a game-changer. So will tofu-lovers. Yes, it's great in sandwiches as Lemlin suggested, but it's also a killer yolkless filling for hardboiled egg white halves. Party on.

**MAKES**  
**12**

## INGREDIENTS

6 ounces of Mori-Nu silken tofu, extra firm (½ package)  
¼ teaspoon turmeric  
3 tablespoons mayonnaise  
1 teaspoon sweet pickle relish  
2 teaspoons honey mustard  
⅛ teaspoon celery seed  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper, to taste  
6 hardboiled eggs, halved and yolks removed  
Paprika and sliced Spanish olives, for garnish

## DIRECTIONS

- 1 In bowl of a food processor or blender, add the first seven ingredients. Process until well combined.
- 2 Chill; let flavors blend for at least 30 minutes. Spoon into 12 hardboiled egg white halves. Garnish with a sprinkle of paprika and sliced green Spanish olives, if desired.

# Slow Cooker Calico Beans



Looking for a protein course for the buffet at your next casual party? Consider this colorful recipe that feeds a crowd. It's made in a slow cooker—set and forget. Calico Beans can be kept warm without needing attention or last-minute preparation.

**SERVES**  
**8-10**



## INGREDIENTS

- 1 (16-oz.) can baked beans
- 2 (15-oz.) can black soybeans, rinsed and drained
- 1 (12-oz.) package frozen shelled edamame
- 1 cup maple syrup or barbecue sauce
- ¼ cup cooked pork or turkey bacon, broken into small pieces

## DIRECTIONS

- 1 Combine baked beans, black soybeans, edamame, syrup or barbecue sauce and turkey bacon pieces in 4- to 5 ½-quart slow cooker. Cover and cook on LOW 6 to 8 hours (HIGH 3 to 4 hours). If necessary, stir in ½ cup water to desired consistency.

If making in an oven instead, combine ingredients and put into oven-safe pan. Bake at 250° F. Stir every 20 minutes and continue to cook until heated though and ingredients are blended well.

# Party Time Roasted Black Soybeans



Nutrition expert Sylvia Klinger, DBA, MS, RD, LDN, CPT created this three-ingredient snack that starts with canned black soybeans. Your oven does most of the work.

**SERVES**  
**8-10**

## INGREDIENTS

- 1 (15-ounce) can black soybeans, rinsed and drained
- 1 tablespoon soybean oil
- 1 tablespoon pepper/garlic salt seasoning

## DIRECTIONS

- 1 In medium bowl, add all ingredients; mix well. Place seasoned black soybeans on a sheet pan. Bake at 350°F for 45 minutes.



# Soy Lemon No-Bake Cheesecake Bites



Everybody knows it's not a party without dessert. You'll find that few can resist the combination of creamy, sweet and tart. With no baking required, cheesecake bites are easy to make and fun to eat.

**MAKES**  
**15**  
**CUPCAKES**



## INGREDIENTS

### CRUST

20 Oreo cookies  
4 tablespoons butter, melted

### TOPPING

1 (10-ounce) jar lemon curd

### GARNISH

15 raspberries

### FILLING

1 (12-ounce) Mori-Nu silken tofu, firm,  
drained  
1 tablespoon lemon juice  
4 ounces soy cream cheese  
4 ounces mascarpone cheese  
1/3 cup whipping cream  
1 1/4 ounce packet of unflavored gelatin

## DIRECTIONS

- 1 In a food processor, add Oreos and butter; pulse until cookie crumbs are well combined with butter.
- 2 Line 2 cupcake pans with 15 paper liners. Press an even amount of the cookie mixture into each liner. Press down the crust with back of spoon. Refrigerate while preparing filling.
- 3 In a food processor, add tofu and lemon juice; blend until smooth. Set aside.
- 4 In a medium mixing bowl, add cream cheese and mascarpone cheese; mix well until combined. Fold tofu mixture into cream cheese mixture; set aside. In a small bowl, add whipping cream. Microwave for 20 seconds or until warm to touch, but not hot. Add gelatin powder; stir until dissolved. Add gelatin mixture to tofu cream cheese mixture until blended.
- 5 Divide this filling between cupcake cups, filling each 2/3 full. Place in refrigerator until set, about 30 minutes. When mixture is set, take out of refrigerator. Place jar of lemon curd with lid removed, in the microwave; microwave for 20 seconds to soften lemon curd.
- 6 Spoon lemon curd evenly on top of each cheesecake bite. Top with raspberries. Cover lightly with plastic wrap; refrigerate until time to serve.

# Packable Snacks

## for an active lifestyle

Imagine you're having a hectic day. You had to skip lunch, and you're on to the next task. Then you remember: You've brought along a container of crispy fresh vegetables and dip. Ahhh. That's what packable snacks can do for your day, whether you crave something crunchy like granola bars or something sippable poured into a cup with a lid.

Our recipes for portable snacks demonstrate that soyfoods make it simple to plan ahead. While we're on the subject, please note the spirit of cooperation between ingredients like tofu and frozen berries, and the synergy between textured soy protein and oatmeal or Kellogg's Rice Krispies®. Give it a little thought; you'll probably come up with more ideas of your own.

*Soynuts take trail mix to the next level.*



## Talking About Trail Mix

Call it trail mix, snack mix, party mix or road food. The ingredients are all about flavor, and the mix is all about balance. Trail mix provides a convenient burst of energy for kids and adults. The beauty is, everyone can create their own mix based on personal preferences. Some people prefer to simply combine nuts, chopped dried fruit and chocolate. Others go all out, adding cereals, seeds (sunflower, pumpkin, flax, sesame or chia), candy and sweeteners like honey or maple syrup that also help ingredients to stick together a little.

- Remember that protein provides energy and satiety. For soy the component of your trail mix, consider textured soy protein (TSP/TVP), soynuts or dried edamame.
- Go for a balance of sweet and savory, soft and crispy. Dried fruits, chocolate and shredded coconut add sweetness and chewiness. Savory flavors come from soynuts, peanuts and tree nuts like cashews, walnuts and almonds. Also, pumpkin, flax and sunflower seeds. Add crunch with breakfast cereals, granola or mini pretzels.
- Find a proportion and flavor profile that appeals to you. Are you a sweet/crispy/goosey fan, or do you prefer savory/crunchy/slightly salty? Start with one part dried fruit, one part protein (soynuts, dried edamame, textured soy protein TSP/TVP, nuts and seeds), one part carbs (mini pretzels, oat cereal, small crackers, air popped popcorn), and something sweet (chocolate chips, M&M's, a bit of honey or maple syrup).

Just remember— protein, proportions and personal snack food preferences. Then hit the trail.



# Tempting Trail Mix



You might be tempted to just sit down and eat a bowl of this mix before you even get around to packing it up for your next outing. Resist the urge. When you're out and about you'll want to have enough to share.

**MAKES**  
**2**  
**CUPS**



## INGREDIENTS

- ¼ cup whole almonds
- ¼ cup soynuts
- ¼ cup pecans
- ¼ cup walnuts
- ¼ cup textured soy protein (TSP/TVP)
- ⅔ cup dried cherries
- ½ cup chocolate chips
- 1 ½ tablespoons honey

## DIRECTIONS

- 1 In a medium bowl, combine all ingredients; mix well.
- 2 Store in closeable storage bags or portion out into ½ cup servings.

# Soynut Butter Pita Pocket



Quick and fun to eat, pita pockets make ideal after-school snacks for kids on the go, and they're easily packable for family outings. Soynut butter adds protein to the snack.

**SERVES**  
**1**

## INGREDIENTS

- ½ whole wheat pita pocket
- 1 tablespoon soynut butter
- 1 tablespoon apple butter
- 6 apple slices

## DIRECTIONS

- 1 Spread soynut butter and apple butter on pita half. Arrange apple inside pita.

# Edamame Mango Dip



Edamame in the pod is the quintessential portable snack. On the other hand, it adds oomph to portable snacks like this global flavored dip. You can easily transport it in a divided lunch box container. When you do, don't forget to add a generous handful of edamame in the pod, and pita chips for some satisfying crunch.

**SERVES**  
**4-6**



## INGREDIENTS

### DIP

- 2 tablespoons butter
- 1 onion, finely chopped
- 4½ tablespoons Mango Chutney (Major Grey), pureed
- 3 teaspoons curry powder
- 1 cup shelled edamame
- 1 (12.3-ounce) package of Mori-Nu silken tofu, firm

### HOMEMADE PITA CHIPS

- 4 whole wheat pitas, split
- 2 tablespoons soybean oil
- 1 teaspoon salt

### SIDE

Edamame, in the pod, cooked according to package directions

## DIRECTIONS

- 1 For Dip: Cook shelled edamame according to package directions. Drain and set aside to cool.
- 2 In a deep medium skillet, melt butter, add onion; cook over moderate heat stirring occasionally until softened (about 7 minutes). Add curry powder; cook, stirring for one minute. Add chutney, stirring until smooth (about 1 minute). Cool.
- 3 Meanwhile in a food processor puree silken tofu, cooled shelled edamame and salt until smoothed. Pour puree into a bowl; add cooled curried onions; mix. Serve with prepared pita chips or to make your own, see below.
- 4 For Pita Chips: Preheat oven to 325°F. Stack the pita halves; cut into 6 wedges. Transfer to a bowl; add soybean oil. Season with salt; toss. Spread pita wedges on a baking sheet in a single layer; bake until crisp for about 15-20 minutes.

# Rice Krispies Treats™ with a Soy Twist



Put a protein spin on this traditional sweet that's part of American snacking culture. Simply add textured soy protein (TVP/TSP) to the short ingredient list. Cut into individual servings so you can take a sweet treat to soccer games or the beach.

**SERVES**  
**12**

## INGREDIENTS

- 5 tablespoons butter
- 5½ cups miniature marshmallows
- 4½ Rice Krispies™ cereal
- 1 cup textured soy protein or TVP/TSP

## DIRECTIONS

- 1 In a large saucepan, add butter; melt. Add the other ingredients; stir until combined.
- 2 In a buttered 13" x 9" pan, add mixture; evenly distribute in the pan. Cool. Cut into serving size, approximately 2-inch squares.



# Mango Banana Soy Smoothie



What a great way to start the morning: Sunshine in a glass. The texture of this sippable snack is as much a winner as the flavor. Banana adds smoothness to the texture of protein powder. Enjoy smoothies at home or pour them into a travel mug or insulated tumbler.

**SERVES**  
**2-3**



## INGREDIENTS

- 1 cup frozen mango
- 1 small banana, cut up
- 1 tablespoon soy protein powder
- 1 (5.3 ounce) carton vanilla soy yogurt
- 1 cup orange juice

## DIRECTIONS

- 1 In a blender, add all ingredients; blend until smooth.  
into glasses or portable drink containers

# Silken Ruby Shake



Don't you just love drinking a snack that tastes as good it looks? You can sip it at home at your leisure, but it's also just as good in a to-go cup with a lid. That way, you can enjoy a morning snack at work, or a cool snack in the car.

SERVES  
**6**

## INGREDIENTS

- 1 (12.3-ounces) package Mori-Nu silken tofu, firm
- 2 cups fresh or frozen strawberries
- 2 cups cranberry juice
- ½ teaspoon vanilla extract
- 1 tablespoon sugar

## DIRECTIONS

- 1 In a blender, combine all ingredients; blend until smooth.

Serve cold. Any of your favorite fruits, fresh or frozen, can be substituted for the strawberries. Garnish with mint leaves if desired.

# Protein-Packed Green Smoothie



If you're so busy you have to skip a meal, this magic smoothie will make you forget about it. After all, it includes fruits, a vegetable and high-quality soy protein. Pour it into a cup with a lid. Then, on to your next activity.

**SERVES**  
**2**



## INGREDIENTS

- 1 pound Mori-Nu silken tofu, firm (1 box and  $\frac{1}{4}$  of another)
- 1 banana, well ripened, peeled
- 1 cup frozen peaches
- 1 cup fresh spinach (about 1 handful)
- $\frac{1}{2}$  cup unsweetened or vanilla soymilk
- 2 tablespoons maple syrup (use less if using vanilla soymilk)
- 6 raspberries for garnish

## DIRECTIONS

- 1 In a high-speed blender, add all ingredients except maple syrup. Blend until smooth. Taste; add maple syrup to desired sweetness. If a thinner consistency is desired, add more soymilk until desired consistency is achieved. Garnish with raspberries. Serve immediately.

Note: This is a flexible recipe. Try adding  $\frac{1}{2}$  cup frozen mango or pineapple to the mix.

# Very Berry Smoothie



If you've got soy yogurt and frozen berries in your refrigerator, this slightly sweet drinkable snack practically makes itself (with the help of your blender, of course). Take it to work with you in the morning, enjoy it for an afternoon break at home, or make it for a bedtime snack.

**YIELDS**  
**2<sup>3</sup>/<sub>4</sub>**  
**CUPS**

## INGREDIENTS

- 2 (5.3-ounce) cartons strawberry soy yogurt
- 1 (5.3-ounce) carton vanilla soy yogurt
- 1 cup frozen red raspberries, unsweetened

## DIRECTIONS

- 1 In a blender, add all ingredients; blend until smooth. If you prefer a thinner smoothie, add  $\frac{1}{4}$  cup plain soymilk. Serve immediately.

If additional fruit is desired, add banana.

# Minty Hot Chocolate



Vanilla soymilk alone is a satisfying snack. Chocolate bars are luxurious snacks. Put the two together with a hint of peppermint, add heat, and you've got something especially memorable. Sometimes you want something warm and soothing after a really active day.

**SERVES**  
**2**



## INGREDIENTS

2 cups vanilla soymilk

4-ounce high quality chocolate bar

½ teaspoon peppermint extract

## DIRECTIONS

- 1 In a small saucepan, over medium heat, add soymilk and chocolate; stir constantly until chocolate is melted. Add mint extract; stir. Serve Immediately. Don't forget the whipped cream or marshmallows.

If you are using a microwave, add soymilk to a microwaveable bowl; heat until warm. Add chocolate bar to warm milk, stir until blended.

Note: For an instant hot chocolate, add chocolate soymilk to a microwavable mug, microwave until warm. Add mint; stir. Serve with marshmallows and/or whipped cream.

# Asian-Style Cheex Party Mix



This recipe comes from Katie Sullivan Morford, MS, RD, <https://katiemorford.com/> and [Soy Connection](#) shares this recipe. Old-school party mix has a flavorful twist, thanks to a combination of Chinese five spice powder, soy sauce, and sriracha (which adds a kick of heat). Make a batch to keep in a sealed jar or stow half-cup portions in small wax paper bags for grab-and-go snacks.

SERVES  
**17**  
½ CUP  
SERVINGS

## INGREDIENTS

- 3½ cups Chex rice cereal
- 2½ cups small pretzels or pretzel sticks
- 1 cup roasted, salted edamame
- ½ cup roasted, salted peanuts
- ¼ cup soybean oil
- 2 teaspoons sriracha
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons Chinese five spice powder
- 1½ teaspoons garlic powder

## DIRECTIONS

- 1 In a large bowl, toss together the Chex, pretzels, edamame, and peanuts.
- 2 In a small bowl, whisk together the soybean oil, sriracha, soy sauce, Chinese five spice powder, and garlic powder.
- 3 Pour the liquid over the cereal and toss until thoroughly coated. Spread on a large baking sheet and bake for 30 minutes.
- 4 Let cool and store in an airtight container.



# Granola Bars Extreme



Everybody has different expectations when it comes to granola ingredients. You can customize this recipe to suit your own tastes. The textured soy protein and oatmeal help create a craveable snack, and you can easily alter the blend of nuts, seeds, dried fruit and sweeteners to make it just the way you like it. Be bold—experiment.

**SERVES**  
**15**



## INGREDIENTS

- 2 cups oatmeal
- 1 cup chopped pecans
- 1 cup shredded coconut
- ½ cup textured soy protein (TSP/TVP)
- 1 ½ tablespoon ground flaxseed
- 1 ½ tablespoon chia seeds
- 3 tablespoon soybean oil
- ¾ cup honey or maple syrup
- ¼ cup brown sugar
- 1 ½ teaspoons vanilla
- ¼ teaspoon salt
- ½ cup dried cranberries or cherries
- ½ cup chopped dried apricot

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 In a medium bowl, add first 4 ingredients; toss together. Place on a sheet pan; toast for 10-12 minutes and remove from oven.
- 3 Reduce oven heat to 300°. In the same bowl that was used to toss together, add the toasted mixture; add chia seeds, ground flaxseed and dried fruit.
- 4 In a small saucepan add oil, honey, brown sugar, vanilla, and salt; bring to boil. Boil for 1 minute.
- 5 Add honey mixture to oatmeal mixture; mix until all ingredients are coated with honey mixture. Line a 13" x 9" glass baking pan with parchment paper. Add granola mixture to pan; press firmly to even out in pan. Bake for 20 minutes, or until golden brown.
- 6 Slightly cool bars; cut into 15 squares. Keep in a covered container.

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