

Kids in the Kitchen

50 Soy Snack Ideas



**It is Recommended to Eat 25 Grams
of Soy Protein Per Day.**

8 oz. Soymilk = 7 Grams Soy Protein

Soy is a Complete Protein.

Edamame is a Soybean!

2/3 Cup = 9 Grams of Soy Protein

**Soy Protein is Cholesterol Free
and Low in Saturated Fats.**

**Soyfoods Provide a Healthy Foundation
for Children's Growth and Development.**

**Breast Cancer Fact: 1 or 2 Servings
of Soy Per Day in Young Girls' Diets
May Reduce the Risk of Breast
Cancer Later in Life by Up to 50 %.
Start Eating Soy Today.**

Move into the World of More Healthful Snacks: 50 Kid – Friendly Ideas Featuring Soyfoods

With snacking on the rise and an increased awareness of the importance of nutrition and exercise for children, parents are on the lookout for more healthful nibbles. Most soyfoods contain no cholesterol, little or no saturated fats, high-quality protein and dietary fiber.

The Soy For Life Foundation shares the following snack suggestions for active children. These simple ideas range from recipes you can prepare in a blender or food processor to convenient snacks you can purchase.

Soyfoods make it easy for kids to get a healthful start to the day. Our quick breakfast ideas for smoothies and muffins provide the combination of fruit, protein from soy, and great flavor. Then it's time to move on to all-day snacks featuring soyfoods. We suggest recipes for dips that complement fresh fruit and vegetables, easy-to-prepare salads, anytime snacks for kids on the go, and cookies with an improved nutrition profile, thanks to soy ingredients.

**Always Wash Your Hands, Fruit
and Vegetables Before Eating!**



Snacktime Smoothies Give Them a Whirl

1

Strawberry Tofu Smoothie – When kids are famished from afternoon activities, blend a quick burst of fruit with 2 cups orange juice, 2 1/2 cups frozen strawberries, and 1 box soft silken tofu. The tofu provides protein and the creaminess. Add a banana for an extra nutrient punch.

2

Mandarin Orange Smoothie – Kids get all the flavors they love in frozen treats, except this one comes from a blender in the kitchen. The creamy drink combines 1 can Mandarin oranges (with juice), a banana, 2 cups vanilla soymilk and 1 cup orange-flavored or plain yogurt.

3

Strawberry and Peach Smoothie – On rainy days, kids will appreciate the sunny summer-in-a-glass flavors of 1 box soft silken tofu, 6 frozen strawberries, 10 frozen peach slices, 1 container strawberry yogurt and 2 cups vanilla soymilk.

4

Berry Secret Smoothie – This stealthy healthy drink has kids happily sipping fruits, vegetables and protein. The secret ingredients are 1 cup fresh spinach, 2 cups cherry berry blend frozen berries, 2 cups vanilla soymilk and 1/3 cup orange juice.



Snacktime Smoothies Give Them a Whirl

5

Strawberry-Kiwi Smoothie – When it looks like mealtime will be delayed, this is the perfect filling and nutritious snack. Thanks to the combination of 1 cup soymilk, 1 cup frozen strawberries, 1 kiwi and 1 cup of ice, topped with 6 almonds, even the hungriest kids will be satisfied.

6

Mango Banana Smoothie – On busy days, kids can enjoy this substantial snack on the go. Two tablespoons vanilla soy protein powder is blended with 1 banana, 1/2 ripe (or frozen) mango, 1/2 cup fat-free yogurt and 1 cup orange juice. It's so satisfying that parents will want a few sips, too.

7

Pineapple-Orange-Banana Fruit Smoothie – The tropical fruit flavors of this smoothie made with 1 cup soymilk, 1/2 banana, 2 tablespoons pineapple-orange-banana frozen fruit juice concentrate, and 1/4 cup frozen fruit of choice – create a vacation-in-a-glass.

8

Strawberry Banana Smoothie – Young fruit-lovers can take a mid-morning break from activities to drink this smoothie made with two favorite fruits 1 banana and 1 cup strawberries enriched by 1 box soft silken tofu, 1 cup soy milk and 1 cup strawberry yogurt.



Cool Snacks for Cool, Active Kids

9

Edamame in the Pod – Active kids will take a break for this fun-to-eat snack that offers the freshness of green soybeans with the grip-rip-and-zip activity of opening the pods. Simply grip the point at the top of the pod, rip the point off, zip it by pulling the “thread”, and open to release the edamame.

10

Dried Edamame Mix – Make your own high protein mix with dry-roasted edamame and dried fruits, or buy a convenient ready-made mix. Active kids can munch it on their way home from dance class or gymnastics.

11

Chocolate-Covered Edamame – Buy dark chocolate-covered edamame for a satisfying snack combining two great textures and tastes. Add the advantage of soy protein to chocolate.

12

Soy Yogurt – For great quick snacks, stash a selection of yogurt flavors in the refrigerator. Kids can dash into the house, have chocolate or fruit-flavored soy yogurt, and dash back outdoors again.

13

Soy Crisps – Keep crunchy snacks on hand in kid-friendly flavors such as cheddar, creamy ranch and apple-cinnamon. Even better, serve these crisps with one of our dip recipes.



Cool Snacks for Cool, Active Kids

14

Soy Bars – Kids on the go can nibble these bite-by-bite healthful snacks. Buy enough of them to pack for trips to the swimming pool, family picnics, or ball games. You'll find many brands and flavors to choose from, including berry varieties, tropical fruit flavors, and chocolate.

15

Soynuts in an Assortment of Flavors – Kids can grab a handful of this healthful snack and eat it quickly, or enjoy one crunchy soynut at a time, plain or flavored. Varieties include barbeque, cheddar, chocolate, fruit, and other sweet or seasoned variations.

16

Soynut Trail Mix – A casual walk just might become an adventurous hike when there's a high-energy snack available. Buy it ready-made, or make your own by combining salted soynuts with dry cereal and dried fruits.

17

Chocolate Soymilk – This sippable snack comes in single servings that need no refrigeration, so kids can take it along to soccer or softball practice.

18

Holly's Snack Mix – This easy-to-prepare sweet and salty combination includes soynuts, raisins, candy-coated chocolate pieces, mini pretzels, dry cereal squares, and more.



Hands-On Snack Dips

19

Caramel Dip – No need to cook this dip. Just add 6 ounces firm silken tofu, 1 cup brown sugar, 1 1/2 teaspoons lemon juice, 1/4 teaspoons salt in blender. It's a great dip for apples, pears and other fresh fruits.

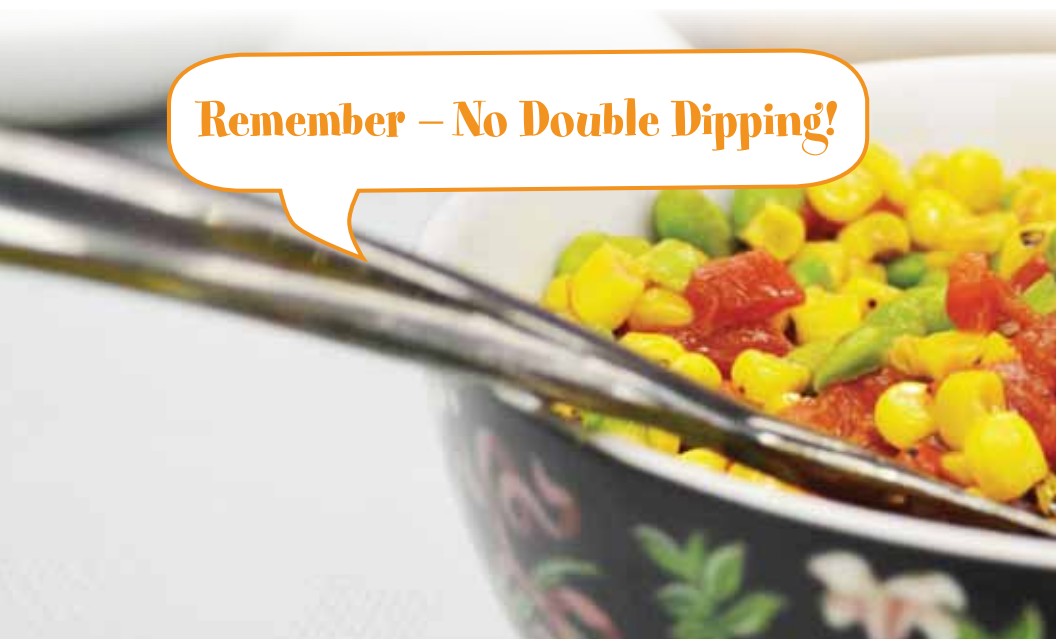
20

Ranch Tofu Dip – Ranch dip offers kid-friendly flavors for dipping celery, carrots and radishes. It's easy to make with 1 box soft silken tofu, and 1 package Ranch seasoning mix. Blend and let set up in refrigerator for 30 minutes.

21

Edamame Dip with Pita Crisps – Here's another fun dip idea. In a food processor, combine 1 1/2 cup cooked edamame, 3 tablespoons water, 1 tablespoon soybean oil and 3 tablespoons lemon juice with seasonings like 1/2 teaspoon salt, 1/2 teaspoon ground cumin and 2 cloves minced garlic. The whole family will enjoy the flavor and contrast of crispy and smooth textures.

Remember – No Double Dipping!



Hands—On Snack Dips

22

Edamole – Guacamole-loving kids can try this variation made with a cooked combo of edamame and avocados. It's quick to make in a food processor. Serve with soy chips and watch the kids make it disappear.

23

Tofu Tomato Dip – Fun-to-eat foods include chilled vegetables with flavorful dips. Children appreciate the familiar flavors. Blend 1 package Ranch seasoning mix, 1/3 cup oil-packed sun-dried tomatoes cut into pieces, 1 package cream cheese, 1 teaspoon dried minced onion, and 1/4 teaspoon garlic powder. Parents know that the addition of soyfoods such as 8 ounce silken tofu make this a healthful snack.

24

Soybean Salsa – Serve this kid-tested recipe with soy chips or tortilla chips. In a bowl, combine a can of black soybeans and a can of tan soybeans with Mexican-style corn, 2 cans diced tomatoes with green chile peppers, and 2 bunches green onion, chopped. Chill before serving.



Fun Snacks for Fun Kids

25

Apple Cupcakes – Apples dressed up as cupcakes. A fun way to make this healthy snack more appetizing. Four apples will make eight treats. Remove the stem; cut in half crosswise and scoop out the core. Spread halves with soynut butter or chocolate soynut butter. Top with soynuts, nuts, granola or raisins.

26

Healthy Butterfly Snacks – For each butterfly, cut apples into thin slices, eight per butterfly. Sandwich soynut butter between them. Arrange on plate to shape the butterfly wings. For the body; slice a carrot into fourths, lengthwise, at the top cut down the middle of the slice to represent the two antennae. *Ask an adult to help cut the pieces.

27

Ants on a Stick – With an adult's help, clean and cut celery sticks in half. Spread with soynut butter or sweet soy cream cheese spread (for eight snacks, mix 1 1/4 cup of soy cream cheese with 1 tablespoon sugar), and dot raisins or cranberries down the center. Quick, easy and packed with vitamins and protein!

28

Soy Octo-dogs – Take your favorite brand of soy franks and slice the frank lengthwise 3/4 the way down, repeat this process until you have eight legs. Place on the plate with legs sprawled out. Poke two holes in the top for eyes. Serve with your favorite fruits and veggies.



Mini Muffins for Kids on the Go

29

Make-Your-Own Soy-ized Muffins – Take your favorite muffins recipe and for each cup of all-purpose flour instead use 1/4 cup of soy flour and 3/4 cup of all-purpose flour. You may also substitute 1/4 cup soft tofu for 1 egg.

30

Cranberry Blueberry Breakfast Muffins – Don't let the name fool you. This is an all-day muffin that kids can enjoy as a snack after bike-riding or swimming. Soy flour boosts the nutrition profile, too.

31

Lemon Poppy Seed Muffins – Kids might think these taste like a dessert, but you know better. Soy flour and soy yogurt are among the ingredients.

32

Soynut Butter Banana Muffins – Wheat bran, bananas, vanilla soy yogurt and creamy soynut butter combine to make this a tasty muffin to keep on hand for snacks.

**Rise and Shine
with Soy!**



Tofu for Fun Times

33

Grilled Tofu Fries – While the kids are waiting for dinner, you can serve these fries as a snack. Simply drain and cut extra firm tofu into French fry-sized pieces, season them with low-sodium soy sauce, and grill on an oiled grill or pan fry and lay on a plate lined with a paper towel. Serve with barbecue sauce for dipping. For a healthy twist on French toast sticks, roll in corn starch, grill or fry tofu and serve with powdered sugar.

34

Tofu Sandwich Filling – Sometimes it seems too hot to boil eggs for egg salad. When you've got tofu on hand, though, you can make the kids a quick eggless version of the classic sandwich. Combine drained tofu, mayonnaise, mustard, and the other ingredients you usually add. A little turmeric will provide the color.

35

Tofu Cubes – Finger foods are always fun, and cubed extra-firm tofu is always convenient. Add the tofu to a snack plate with mini carrots and a dip such as Soybean Salsa.

36

Chocolate Tofu Ice Cream – For a family activity that teaches kids more about their favorite foods, make your own ice cream featuring chocolate soymilk, soft silken tofu, chocolate syrup and unflavored gelatin.

Go to www.TheSoyfoodsCouncil.com
to Find the Recipes.

Veggies for Vitality – Simple Salads

37

Edamame Fun Fact: – Edamame is a sweet green soybean. So it is also a vegetable but has all the additional benefits of being a complete protein. Add it to salads, stir fries, or just steam them and enjoy with a little bit of salt.

38

Edamame Salad – This simple salad begins with prepared 1 cup frozen, shelled edamame and combines 1/2 tablespoon vegetable oil, 1 ounce seasoned rice wine vinegar, 1/3 cup radishes, and 1/2 cup chopped fresh cilantro. Season with salt and pepper and serve chilled or at room temperature.

39

Edamame and Orange Salad – Try this tasty fruit and vegetable recipe as a snack: Combine 2 cups edamame, 3 radishes, 1/2 cup diced cucumber, 1/2 cup chopped red bell pepper, 1/2 cup scallions and 1 fresh orange segments. The easy dressing features 1 teaspoon reduced-sodium soy sauce, 1 tablespoon vegetable oil, 1 tablespoon seasoned rice vinegar and 1 tablespoon of fresh orange juice. Salt and pepper to taste, top with 1/4 cup cilantro leaves (optional).

40

Edamame & Corn Salad – Cool and colorful, this easy salad combines 1 bag frozen edamame and 1 bag frozen corn prepared according to package directions, seasoned with a little butter and salt.



Cookies You Can Keep on Hand

41

Orange Raisin Balls – These no-bake confections can be stored in the refrigerator for up to a week, or even frozen. Among the tasty ingredients are vanilla soymilk, graham cracker crumbs, golden raisins, orange peel and orange extract, and shredded coconut.

42

Chocolate Granola Bars – Kids can pack these no-bake bars for picnics, or enjoy them as a snack with a glass of cool soymilk. Fruit and nut granola, soynuts, vanilla fat-free soymilk, chopped dried apricots, honey and semi-sweet chocolate chips combine for a quick-energy treat.

43

Chocolate Chip Tofu Cookies – Soy flour, soft tofu and oatmeal improve the nutrition profile without changing what all kids love about chocolate chip cookies – the chocolate.

44

Chocolate Soy Brownies – Great brownie recipes are always in demand, so we're providing two recipes kids will love. This version incorporates soy flour, and gets its chocolaty goodness from chocolate syrup.

45

Guilt-Free Brownies – Kids will love these brownies and they won't even know the recipe calls for a can of black soybeans and soy flour. The chocolate flavor comes from cocoa powder.



Don't Delay. Start Today!

Cookies You Can Keep on Hand

46

Cinnamon Pecan Cookies –

Brown sugar, pecan pieces, and soy flour create a winning combination. Treat the kids to these easy refrigerator cookies as an afternoon snack.

47

Gluten-Free Refrigerator Cookies –

Children on gluten-free diets will appreciate these cookies made with soy flour in place of all-purpose flour. It's an easy refrigerator cookie recipe, flavored with lemon or almond extract. You can frost them with Lemon Glaze, made with powdered sugar and lemon juice.

48

Oatmeal Cranberry Soy Cookies –

Dried cranberries replace the raisins in this recipe. Soy flour adds more protein to the recipe for kids on the go.

49

Soynut Butter Cookies – Kids are likely to appreciate this spin on the classic peanut butter cookie. The award-winning recipe features soynut butter and commercially available soy flakes, made from soybeans that have been dried, cracked and rolled into thin flakes so they're ready to add to recipes.

50

Toffee Bars – These easy bar cookies include soy flour, and are topped with melted chocolate and chopped soy nuts or pecans. It's a kid-pleasing combination for snacks.

Go to www.TheSoyfoodsCouncil.com
to Find the Recipes.



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