

Soy Sweet Indulgences

12 Celebration Dessert Hits



Introduction

Today's trendiest desserts not only taste great, they gravitate towards less sugary choices made with better-for-you ingredients. Soyfoods help achieve those goals without sacrificing taste or texture.

The following smartly sweet and lightly sweet desserts help you add protein and accentuate the flavors you love. Enjoy plant-forward ideas that fit in with a healthy approach to eating while keeping the indulgence factor high.

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. Throughout her career, she has consistently earned awards. Early awards include American Home Economics Association "New Faces Recognition" (1984), Wisconsin's Outstanding Home Economist of the Year (1990), and Home Economists in Business (HEIB) recognized her as its Business Home Economist of the Year (1990). In 1995, she was awarded the prestigious International Foodservice Editorial Council's "Betty Bastion Outstanding Service Award," the organization's "Oscar."

In 2011 Linda received the Iowa Family and Consumer Sciences Educators for Progress Award, and recognition for Outstanding Contributions in Promoting Awareness of the Nutritional and Health Attributes of Soy Foods. Her 2012 awards include Fleming's Steakhouse Magnum Club Award for community innovation and leadership and the Oran Beaty Leadership Award, Iowa Association for Career and Technical Education. In 2013 she was recognized with The Friends of FCCLA, and Outstanding Sponsor, Iowa Family, Career and Community Leaders of America honors. She was named Purveyor of the Year by Iowa Restaurant Association (2018), named one of Iowa Restaurant Association's "40 Women to Watch" (2019), and was honored with a "Best in the U.S. Gourmand World Cookbook Award (2022).

The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soy foods, educate and inform media, healthcare professionals, consumers and the retail and foodservice market about the many benefits of soy foods.

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 12 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. Along with Linda Funk and Jana Strobel, she received a 2022 "Best in the U.S." Gourmand World Cookbook Award.

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, 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. Along with Linda Funk and Gail Bellamy, she received a 2022 "Best in the U.S." Gourmand World Cookbook Award.

Chocolate Tofu Ice Cream

MAKES 5½ CUPS

Here's a scoop: Whoever said you shouldn't mess with tradition obviously never tried this next-gen ice cream. In fact, classic ice cream takes off in a whole new plant-based direction when chocolate soymilk and tofu team up with chocolate syrup. What's more, you can easily make it at home, just like the old-fashioned version. Serve it with Miso Caramel Sauce.

From Janet Pittman, Iowa food professional, Des Moines, Iowa

- 1 envelope unflavored gelatin
- ¼ cup water
- 2 cups chocolate soymilk, divided
- 8 oz. soft silken tofu, drained
- ½ cup chocolate syrup
- ½ cup sugar
- 1 tsp. vanilla

- 1 Sprinkle gelatin over water. Microwave 15 to 20 seconds or until gelatin is dissolved. Stir in 1 cup of chocolate soymilk.
- 2 In a blender container, add tofu and remaining 1 cup soymilk; blend until smooth. Add gelatin-soymilk mixture, chocolate syrup, sugar and vanilla; blend.
- 3 Place in ice cream freezer container. Freeze according to manufacturer's directions.
- 4 Place in another container; cover, and freeze. Remove from freezer about 5 minutes before serving.
- 5 Serve with a drizzle of Miso Caramel Sauce. (See following recipe.)

Sweet Soy-izing Tip

Hot or cold, chocolate soymilk contributes to sweet endings. It lends itself to cool ideas like ice cream and can also be enjoyed warm. Microwave a cup of chocolate soymilk and garnish it with a peppermint stick for holiday season hot chocolate. It's as quick as it is cozy.



Miso Caramel Sauce

MAKES 1 CUP

Globally inspired ingredients, including savory condiments like miso, are finding their way into more desserts. Mixing a little miso paste into homemade caramel adds a new flavor dimension. This caramel recipe serves as a dip for fresh fruit slices, and can be drizzled over cake or Chocolate Tofu Ice Cream (see recipe).

From: Chef Kathy Gunst, NPR, "Here & Now." This segment aired on October 16, 2020

$\frac{3}{4}$ cup heavy cream
3 Tbsp. unsalted butter
 $\frac{3}{4}$ cup white sugar
2 Tbsp. water
2 Tbsp. white miso
 $\frac{1}{4}$ tsp. vanilla extract

- 1 In a medium saucepan heat the cream and butter over moderate heat until just bubbling.
- 2 In another medium saucepan mix the sugar and water with a soft spatula. Place over medium heat and cook, without stirring, for 5 minutes. Swirl the pan from side to side occasionally to keep caramel moving and prevent clumping up.
- 3 When mixture turns an amber color, remove from heat.
- 4 Very carefully add the warm butter/cream mixture; it will bubble up. No fear. Whisk cream into sugar caramel over a low heat; whisk until smooth.
- 5 Add miso and vanilla into caramel and again whisk until smooth. Cook over low heat for 1-2 minutes to make sure the sauce is smooth and warmed through. Serve warm, at room temperature, or chilled.

Sweet Soy-izing Tip

Miso soybean paste adds savory notes to classic desserts like brownies, apple pie and chocolate cake. Its nutrition benefits include probiotics (the naturally occurring live beneficial bacteria found in fermented foods). Each Tablespoon of miso provides approximately 2 grams of protein.



Elizabeth’s Chocolate Pudding Pies

MAKES 6 SERVINGS

Move over, mousse. This no-bake dessert is silky, smooth, and oh-so-simple to make. How can it miss? Adapted from chef and grillmaster Elizabeth Karmel’s recipe, it’s equally pleasing as a pie filling or a stand-alone pudding. Go for the suggested garnishes or improvise.

From Elizabeth Karmel, chef, cookbook author and grillmaster

- 1 (12.3 oz.) package firm silken tofu, drained

1 cup powdered sugar

1 cup high-quality cocoa

1 Tbsp. vanilla

6 individual, prepared graham cracker crust pie shells

1 cup tofu whipped cream (see recipe page 20)
- as needed for garnish, raspberries

as needed for garnish, shaved chocolate or mini chocolate chips

- 1

In a blender, add tofu, powdered sugar, cocoa, and vanilla; blend until smooth; chill for 30 minutes.
- 2

Spoon into individual pie shells—or dollop into serving dishes.
- 3

Chill loosely covered in the refrigerator until ready to serve.
- 4

Top with Tofu whipped cream (see page 20) and garnish with raspberries and shaved chocolate just before serving.

Sweet Soy-izing Tip

Create other easy, spoon-worthy desserts by combining a package of silken tofu with a 10-oz. jar of orange marmalade or berry jam. Add chopped mandarin oranges or sliced berries if desired. It’s unlikely anybody will stop you if feel the urge to add a dollop of tofu whipped cream as a garnish.



Silky Lemon Tofu Pudding

MAKES 8-10 SERVINGS

Simplicity is a timeless winner when it comes to desserts. You may find yourself wanting to take a victory lap after making this luxurious pudding. All it takes is two ingredients and a blender. When tofu (also known as soybean curd) meets lemon curd, good things happen.

From The Soyfoods Council

- 1 (10 oz.) jar lemon curd
- 1 (12.3 oz.) package firm silken tofu, drained
- as needed for garnish, raspberries (or fruit of choice) and whipped topping

- 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 or layer in parfait glass with tofu whipped cream (see page 20).
- 3 Garnish with raspberries or fruit of choice.

Sweet Soy-izing Tip

Citrus flavors are hot, and it's easy to convert Silky Lemon Tofu Pudding into a no-bake lemony pie for summertime celebrations. Make a cookie crumb crust with 15 crushed Lemon Oreos and 2 Tablespoons of melted butter, pressed into a pie pan and pre-chilled. Spread filling into the crust and chill until serving time. Garnish with berries and whipped topping.



Apricot Oatmeal Soy Cookies

MAKES 4½ DOZEN

These satisfyingly chewy cookies feature soy protein and soy flour that join forces with oatmeal, dried apricots, dried cranberries, coconut and chopped nuts. They play into the mindful eating trend as you focus on each ingredient. You can also think of the cookies as portable, handheld desserts that will hold their own on pastry platters and dessert plates at any festive gathering.

From Linda Funk, Executive Director of The Soyfoods Council

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|-----------------------|--|
| 1 cup butter | ½ tsp. salt |
| 1 cup brown sugar | 1½ cups oatmeal |
| ½ cup sugar | 1½ cups TSP/TVP (Textured Soy Protein/ Textured Vegetable Protein), found in most supermarkets |
| 2 large eggs | 1 cup chopped dried apricots |
| 1 cup flour | ¾ cup dried cranberries |
| ½ cup soy flour | ¾ cup coconut, optional |
| 1 tsp. baking soda | ¾ cup slivered almonds, toasted or chopped macadamia nuts |
| 1 tsp. cinnamon | |
| 1 tsp. almond extract | |

- 1 Preheat oven to 350°F.
- 2 In a large mixing bowl, beat butter and sugars until creamy.
- 3 Add next 7 ingredients; mix until just blended. Stir in remaining ingredients; blend well.
- 4 On ungreased cookie sheet, drop by rounded Tbsp., 2 inches apart. Bake 14 to 15 minutes, or until tops are golden brown.
- 5 Cool cookies on wire racks.

Sweet Soy-izing Tips

Buy soy flour online and have it shipped right to your door.

Chopped roasted soynuts can be used in place of almonds, macadamia nuts or peanuts in cookie recipes. A ¼-cup serving of soynuts provides 16 grams of high-quality protein.



Chocolate Peanut Butter Tofu Tart

MAKES 8 SERVINGS

Nostalgia desserts offer new spins on childhood favorite flavor combos such as peanut butter and chocolate or doughnuts and coffee. Slip in some tofu and you'll be adding protein and reducing cholesterol. Classic formats like pies, cream puffs, cookies and cupcakes offer options for creating tomorrow's craveable desserts.

From: Sammy Mila, Crème Cupcakes, Des Moines, IA.

- 18 Oreos, crushed
- 3 Tablespoons butter, melted
- 1 (12.5-oz.) package silken tofu
- ½ cup creamy peanut butter
- ½ cup semi-sweet chocolate chips, melted
- 2 Tablespoons soymilk

- 1 In a medium bowl, combine crushed Oreos and melted butter.
- 2 Transfer Oreo mixture to a 14"x 4" rectangular tart pan or a 9" round tart pan. Press into the bottom and halfway up the sides. Chill crust until ready to use.
- 3 Meanwhile, in a blender combine tofu, peanut butter, melted chocolate and milk. Blend for 4-5 minutes, or until smooth, scraping as needed.
- 4 Spread tofu mixture over chilled crust; chill for at least 1 hour or up to 24 hours. Cover if chilling more than 4 hours.
- 5 Slice and serve. Garnish with an additional drizzle of melted chocolate, if desired.

*To make this gluten-free: use gluten-free Oreos

*To make this vegan: use vegan butter, vegan chocolate chips

*To make this vegan AND gluten-free: make all changes as listed above

*To make this in a hurry, use a ready-made chocolate cookie crumb pie crust

Sweet Soy-izing Tip

Soynut butter, found in most supermarkets, makes a great stand-in for peanut butter when you're preparing dessert for those with peanut allergies. Soynut butter and chocolate play well together.



Raspberry Fool

MAKES 6 SERVINGS

Classic English desserts such as Fool and Trifle featuring fruit and whipped cream have been enjoyed for hundreds of years. Despite the traditional name, there's nothing foolish about serving this update on luxurious Raspberry Fool. It's a dessert that takes little time to make, requires no cooking and gets a protein boost from tofu.

From: Adapted from traditional recipes

1½ cups frozen raspberries
(one 10-ounce package),
thawed

2 Tbsp. powdered sugar

1½ tsp. vanilla extract

¼ cup powdered sugar

1 cup heavy (whipping) cream

1 cup soft silken tofu

FOR TOFU WHIPPED CREAM:

- 1 In the bowl of a mixer, add ¼ cup powdered sugar and 1 cup whipped cream. Beat until whipped cream stands in stiff peaks.
- 2 Remove whipped cream to another bowl.
- 3 Into mixer bowl add 1 cup soft silken tofu; beat until has a creamy texture. Add whipped cream back to bowl; beat the two mixtures together until well incorporated.

FOR RASPBERRY FOOL:

- 1 Smash berries and 2 Tbsp. powdered sugar together with a fork. Add vanilla extract.
- 2 Set aside while making tofu whipped cream.
- 3 Fold mashed raspberry mixture into tofu whipped cream until it is evenly distributed. Garnish with fresh raspberries if desired.

Sweet Soy-izing Tip

Once you begin experimenting with soy foods dessert ingredients such as silken tofu, soymilk and TSP, your creativity and inventiveness expand.



Tofu Whipped Cream

MAKES 2 CUPS

Discover the benefits of combining soy and dairy. This lighter version of classic whipped cream adds protein without sacrificing flavor or texture. Use it as a topping for ice cream, fruit crumble and pound cake. Mix it with crushed berries to make desserts such as Raspberry Fool.

- 1/4 cup powdered sugar
 - 1 cup heavy (whipping) cream
 - 1 cup soft silken tofu
- 1 In the bowl of a mixer, add 1/4 cup powdered sugar and 1 cup whipped cream. Beat until whipped cream stands in stiff peaks.
 - 2 Remove whipped cream to another bowl; set aside.
 - 3 Into mixer bowl add 1 cup soft silken tofu; beat until it has a creamy texture. Add whipped cream back to bowl; beat the two mixtures together until well incorporated.
 - 4 Store in covered container in refrigerator if not using immediately.

Sweet Soy-izing Tip

Without sacrificing the texture or flavor of conventional homemade whipped cream, you can lower the cholesterol and boost the protein by serving tofu whipped cream. Flavor the basic tofu whipped cream recipe by adding a splash of vanilla extract, fruit extracts, rose flower water or orange flower water. Use as a topping for fresh peaches, poached pears or berries. For afternoon coffee breaks, serve it as a dip for ginger snaps or chocolate wafer cookies.



Dubai Chocolate Brownies

MAKES 16 SERVINGS

Don't you just love it when trends and traditions work together? Dubai chocolate is among the latest luxury ingredients finding their way into desserts. Give your favorite chocolate brownie mix a whole new life by adding Dubai chocolate. This trendy form of chocolate is a global sensation for good reason: It's a triple whammy of creamy chocolate, pistachio cream and kidayif (shredded phyllo dough). Get set to experience what its texture and flavor can do for desserts.

From: Linda Funk, Executive Director of The Soyfoods Council

1 (18-20 oz.) box chocolate brownie mix
Approximately 9 oz. Dubai chocolate bar, milk chocolate with kadayif & pistachio

1 (7 oz.) jar pistachio cream

As desired for garnish, tofu whipped cream (recipe on page 20)

- 1 Preheat oven to 325°F.
- 2 Grease 9" X 9" baking pan with soybean oil (vegetable oil). Set aside.
- 3 In a large mixing bowl, prepare brownie mix according to package directions, using soybean oil for the oil. Transfer to prepared baking pan.
- 4 Bake brownies according to package directions; let cool.
- 5 In a microwave dish, add Dubai chocolate; microwave for 30 seconds; stir. If more time is needed, microwave for 20 seconds at a time, until melted. Add jar of pistachio cream to melted chocolate; stir until well blended.
- 6 When brownies are cooled; spread pistachio cream mixture on top of brownies. Cover; place in refrigerator until ready to serve. If desired garnish with a dollop of tofu whipped cream.

Sweet Soy-izing Tip

Want to add more soy protein to boxed baking mixes such as brownie, quickbread or muffin mixes? Simply replace each egg that's called for with 1/4 cup silken tofu. It takes 1/2 cup silken tofu to replace 2 eggs.



Lightly Sweet Date, Oatmeal and Textured Soy Protein Cookies

MAKES 12-15 COOKIES

Granted, low sugar and high fiber aren't attributes most of us look for in cookie recipes. What we want is a satisfying, craveable handheld treat. Sometimes, though, it just happens that you can combine lightly sweet ingredients that result in a celebration-worthy cookie. Traditional dessert ingredients like dates are enjoying a new surge in popularity and this recipe demonstrates why.

From: Linda Funk, Executive Director of The Soyfoods Council

- ½ cup pitted dates (approximately 4 oz.), well-packed
- ¼ cup butter, softened
- ¼ cup brown sugar
- ¼ cup soft silken tofu
- ⅓ cup flour
- ¼ cup old fashioned oatmeal
- ¼ cup textured soy protein (TSP or TVP)
- ¼ teaspoon baking soda
- ¼ teaspoon cinnamon

- 1 Preheat oven to 350°F.
- 2 Roughly chop dates.
- 3 In a medium mixing bowl, add dates, butter, sugar and tofu; blend well. Add remaining ingredients; blend well.
- 4 Take spoonfuls of mixture, roll slightly in hands, and place on parchment-lined cookie sheet. Lightly flatten the cookies.
- 5 Bake approximately 15 minutes. Cool.

Sweet Soy-izing Tip

When you add Textured Soy Protein (TSP, also known as TVP) to cookie recipes, fruit crumble or granola you're also adding protein. Specifically, this fiber-rich, zero-fat ingredient provides 11-13 grams of soy protein per ¼ cup-serving.



Chocolate Cherry Cake

MAKES 12 SERVINGS

Cakes and special occasions go hand-in hand. So do chocolate and cherries. Chocolate-lovers, vegans and those embracing plant-centric eating will appreciate this cake. Every guest can customize it according to their own taste. That includes adding a scoop of vanilla bean ice cream, chocolate tofu ice cream, or a bit of tofu whipped cream.

From: Adapted from traditional recipes

- | | |
|--|---|
| 1¼ cups all-purpose flour | 1 teaspoon almond extract |
| ¼ cup soy flour | 1½ cups plain soymilk |
| ½ cup baking cocoa | ½ cup soybean oil |
| 1 teaspoon baking soda | ⅔ cup cherry preserves,
reserved for glazing after
the cake has baked |
| 1 teaspoon baking powder | |
| 1 cup dairy-free semi-sweet
chocolate chips | |
| ½ cup cherry preserves | |
| ¾ cup granulated sugar | |

- 1 Preheat oven to 350°F and lightly grease an 8"x8" baking pan.
- 2 Measure all-purpose flour, soy flour, baking cocoa, baking soda, baking powder, and chocolate chips into a medium sized mixing bowl and incorporate.
- 3 In a separate bowl combine ½ cup cherry preserves, granulated sugar, almond extract, soymilk, and soybean oil; stir.
- 4 Add wet ingredients to dry ingredients and mix until well-incorporated.
- 5 Pour batter into greased baking pan; bake 45 minutes or until a toothpick inserted in center comes out clean.
- 6 While the cake is still warm, spread ⅔ cup of cherry preserves on top of the cake. Allow cake to cool before serving.

Sweet Soy-izing Tip

It's easy to buy soy flour online and have it shipped right to your door. Did you know soy flour contains an average of 50% protein (compared to 15% protein in high-protein wheat flour)? Add plant protein to your favorite recipes for muffins, cookies, brownies or quick breads by replacing up to 30% of the wheat flour with soy flour.



D.I.Y Soy Irish Crème Liqueur

MAKES 4 SERVINGS

Life is filled with holidays and celebrations that call for sweet endings. Beverage trends have inspired desserts like cakes and ice cream infused with the flavors of espresso, chai or green tea. You can also turn that idea around and craft your own drinkable desserts. This liqueur is a great place to start.

From Linda Funk, Executive Director of The Soyfoods Council

- 1 (14 oz.) can sweetened condensed milk
- 1 cup dairy half and half milk
- 1 cup soymilk (plain or vanilla, depending on the sweetness level you want)
- 1 Tbsp. Hershey's syrup
- 1 tsp. vanilla extract
- $\frac{3}{4}$ cup Irish Whiskey
- $\frac{1}{3}$ cup rum

- 1 In a blender, add sweetened condensed milk to vanilla extract; blend well.
- 2 Add whiskey and rum, blend.
- 3 Store in a covered container in the refrigerator. Stir before serving.

Sweet Soy-izing Tip

Vanilla soymilk is a handy ingredient for moistening pie crust dough, making buttercream icing, or experimenting with homemade creamy cocktails. Consider vanilla soymilk for making variations of classic cocktails like the White Russian, featuring vodka and coffee liqueur.

