

Easy ways to use soy
In everyday cooking!!

- Use soymilk instead of milk when making:
 - Pudding
 - Mashed potatoes
 - Casseroles
 - Fruit Smoothies
 - Over cereal
 - Baked goods
 - Dips
 - Pour into coffee
- Other soy products (look for recipes for easy ideas)
 - Roasted soynuts (use in trail mix, in salads, or snacks)
 - Tofu (comes in different consistencies) Easy to use in stir fry, soups or just grill.
 - Temeph (can come flavored)
 - Miso (soybean paste) Use in soups, marinades or dressings
 - Soybean mayonnaise
 - Soybean margarine
 - Soybean oil
 - Soy salad dressing
 - Soy Bars (GeniSoy, Luna)

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