

## ***Soy Staples for Baking & Cooking***



***Sharing easy recipes to increase your use of plant-based products in baking and cooking without breaking the bank.***

*If you see a soy farmer today, thank them for their contribution to healthy food options!*

### **Soy Milk from Scratch: B&B's Rich Soy Milk Recipe**

<https://www.bandblegacyfarms.com/soy-kitchen/rich-soymilk-recipe>

### **Soy Buttermilk: Easy Peasy!**

1. Add 1 tablespoon of lemon juice to a one cup measuring cup.
2. Add unsweetened/unflavored soy milk up to the 1 cup line and stir.
3. Let the soy milk and lemon juice sit at room temperature for 10 minutes while it thickens.
4. Soy buttermilk can be made ahead and stored for up to five days in the refrigerator.

### **Soylicious® Sour Cream**

Prep Time: 10 Minutes

Makes 2 cups

#### **INGREDIENTS:**

- 14-ounce package of soft silken tofu (any tofu will work – look at note below)
- 2 ½ Tablespoons of lemon juice
- 1 Tablespoon of extra-virgin/extra light taste olive oil
- 1 Tablespoon of apple cider vinegar
- 1 Teaspoon of Dijon mustard
- ½ Teaspoon of sea salt (or table salt)
- ½ Teaspoon of onion powder
- ½ Teaspoon of garlic powder

#### **Directions:**

**Step 1: Get out a small food processor.** (I use the small processor attachment for my Ninja smoothie maker).

- Silken tofu is incredibly soft. If you have a fine strainer, you can open the package and strain the excess water off the tofu. If you don't have a fine strainer, simply spoon the tofu into the processor.
- Add all the additional ingredients to the tofu in the processor.

**Step 2: Blend for 3 minutes on the high setting (the smoothie setting on the Ninja).**

- Taste and add any additional ingredients based on your taste. Store until use in refrigerator up to two weeks.

**NOTE:** You can change the consistency of the sour cream based on the type of tofu you use. For soups I like to use the silken soft, for casseroles and dips I like to use firm tofu. Any type of tofu will work with this recipe.

## **Soylicious Cream Cheese**

**Prep Time: 5 Minutes**

**Serves 4**

### **Ingredients**

- 14.5 ounces of extra firm tofu
- 3 Tablespoons lemon juice
- 2 Tablespoons tahini
- ½ teaspoon of sea salt (plain salt can be substituted)

### **Directions**

**Step 1: Remove the excess water from the tofu.**

- Drain the tofu in a strainer in the sink.
- Wrap the tofu in several paper towels and squeeze excess water out of the tofu.
- It will break up, but this is OK.

**Step 2: Mix the ingredients in a small food processor/blender. It is easy!**

- Break the tofu into chunks and place in the processor.
- Add remaining ingredients and blend for 5 minutes until the mixture is exceptionally smooth.
- Chill for 2 hours and serve.

Can be prepared ahead and stored in the refrigerator. Best if used within one week.

**Small Steps to Health and Wellness Matter. Take a closer look for yourself.**

**Nutrition Facts:**

**Soylicious® Sour Cream**

<b>Nutrition Facts</b>	
Servings: 7	
Amount per serving	
<b>Calories</b>	<b>74</b>
	% Daily Value*
<b>Total Fat</b> 3.7g	5%
Saturated Fat 0.3g	2%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 162mg	7%
<b>Total Carbohydrate</b> 1.8g	1%
Dietary Fiber 0.7g	3%
Total Sugars 0.2g	
<b>Protein</b> 3.5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	5%
Potassium 13mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

**Dairy Sour Cream**

<b>Nutrition Facts</b>	
Servings: 7	
Amount per serving	
<b>Calories</b>	<b>137</b>
	% Daily Value*
<b>Total Fat</b> 13.7g	18%
Saturated Fat 8g	40%
<b>Cholesterol</b> 46mg	15%
<b>Sodium</b> 34mg	1%
<b>Total Carbohydrate</b> 4.6g	2%
Dietary Fiber 0g	0%
Total Sugars 4.6g	
<b>Protein</b> 2.3g	
Vitamin D 0mcg	0%
Calcium 91mg	7%
Iron 0mg	0%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

**Soylicious® Cream Cheese**

<b>Nutrition Facts</b>	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>130</b>
	% Daily Value*
<b>Total Fat</b> 12.5g	16%
Saturated Fat 1.9g	10%
<b>Cholesterol</b> 0mg	0%

**Dairy Cream Cheese**

<b>Nutrition Facts</b>	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>210</b>
	% Daily Value*
<b>Total Fat</b> 21g	27%
Saturated Fat 13.2g	66%
<b>Cholesterol</b> 66mg	22%