

Appetizers

Orange Mango Smoothie

Yield: 2 servings (three cups) & Prep time: 5 Minutes

1/2 package (7oz) House Premium Tofu Extra Soft or House Organic Tofu – Soft

1/2 cup orange juice

1 1/2 cups frozen mango chunks

3 Tbsp honey

1/2 cup soy milk (optional)

Directions

Place all ingredients in a blender. Blend until smooth. Divide between 2 glasses and serve. Other combinations: Guava juice, banana and frozen raspberries. Orange juice and frozen blueberries.

Note: If you don't have frozen fruit, use 1 cup fresh fruit and 1/2 cup ice cubes.

Soy and Spinach Artichoke Dip

1 lb. silken tofu, crumbled

1 lb. lowfat cream cheese, cubed

1 cup lowfat mayonnaise

1 teaspoon ground pepper

1 lb. frozen chopped spinach, thawed, drained

1 lb. marinated artichoke hearts, drained, coarsely chopped

1 cup green onions, chopped

Parmesan cheese, grated, for garnish

Directions

Beat tofu until smooth; mix in cream cheese, mayonnaise and pepper in mixer bowl. Fold in spinach, artichokes and green onions. Divide mixture equally into 12 (4 oz.) au gratin dishes. Sprinkle Parmesan cheese on top, if desired. Bake at 350°F for 15 to 20 minutes or until bubbly and browned on top. Serving Suggestion: Serve with low-carb crackers or bread for an all-around low-carb snack!

Cinnamon Soynuts

1 egg white, slightly beaten

2 cups **soynuts***

1/3 cup sugar

2 teaspoons ground cinnamon

Directions

Mix egg white and soynuts in medium bowl until nuts are coated and sticky. Combine sugar and cinnamon; sprinkle over nuts and stir until thoroughly coated. Spread nuts in single layer in a greased jelly roll pan. Bake at 300 degrees about 30 minutes or until toasted. Store tightly covered.

Festive Holiday Roll-Up

½ cup soft silken tofu
½ cup low-fat ranch dressing
1 clove garlic, minced
6 (7-inch) flour tortillas
¼ cup green onion chopped

¼ cup black olives, chopped
¼ cup sweet red pepper, chopped
1 cup shredded Cheddar cheese
6 slices ham, turkey (thinly sliced)

Directions

Blend tofu and ranch dressing until smooth. Add garlic. Spread mixture onto tortilla; sprinkle with onion, black olives, red pepper and cheese. Place ham slice on tortilla and roll up. May wrap in plastic wrap and refrigerate until serving; then cut into bite size pieces. *Makes about 30 pieces.*

Frightfully Warm Snack Mix

2 cups toasted wheat cereal
2 cups cheese crackers
2 cups oyster crackers
2 cups pretzel waffles
2 cup corn chips
1 cup soynuts

1 cup honey roasted peanuts
¼ cup margarine, melted
¼ cup brown sugar
1 teaspoon chili powder
1 teaspoon ground cinnamon
1/8 teaspoon ground cayenne red pepper

Directions

Mix cereal, crackers, pretzels, corn chips, soynuts and peanuts in slow cooker. Combine in small bowl melted margarine, brown sugar, chili powder, cinnamon and cayenne red pepper. Pour over mixture in slow cooker and stir to coat. Place on low heat setting and cook 2 to 3 hours; stirring occasionally. Turn setting to warm to keep warm for serving. *Makes 12 cups mix.*

Hot and Spicy Soynuts

1 clove garlic, minced
1 teaspoon vegetable oil
2 cups soynuts

2 teaspoons chili powder
¼ teaspoon red pepper

Directions

Saute minced garlic in oil in a small skillet. Stir in soynuts, chili powder and red pepper. Cook for about 2 minutes to blend flavors and nuts are warm. Remove from pan and serve warm or cool and serve at room temperature. *Makes 2 cups.*

Party Shrimp Dip

1 package (8 oz.) cream cheese, softened
½ cup silken soft tofu
1 can (4 oz.) tiny shrimp

¼ cup finely chopped green onion
1 tablespoon cocktail sauce

Directions

Blend cream cheese and tofu until creamy and well blended. Add shrimp, green onion and cocktail sauce and mix. Refrigerate to blend flavors. Serve with assorted vegetables and crackers. *Makes about 2 cups dip.*

Quick Mexican Bean Dip

1 can (15 oz.) yellow soybeans, drained
1 tablespoon taco seasoning mix
2 tablespoons salsa

Directions

Place all ingredients in blender and mix until smooth. Serve warm or cold with taco chips. Makes about 1 cup.

Ranch Dip

1 package (12 oz.) silken tofu
1 package (1 oz.) Ranch salad dressing mix
3 tablespoons soy milk

Directions

Place all ingredients in blender and mix until smooth. Chill to blend flavors. Serve with vegetables, crackers or chips. Makes about 1 cup.

NOTE: For Ranch Dressing add additional soy milk.

Spicy Soynuts

2 teaspoons vegetable oil	¼ teaspoon ground red pepper
1 ½ teaspoons chili powder	1/8 teaspoon garlic powder
1 teaspoon Worcestershire sauce	2 cups soynuts*

Directions

Heat oil in a 10-inch skillet over medium heat. Stir in seasonings. Add soy nuts and cook about 2 minutes, stirring constantly, until soy nuts are evenly coated and hot. Store tightly covered.

Spinach Dip

1 package (10 ounces) frozen chopped spinach, thawed	coarsely
1 package (12.3 oz) silken tofu*	2/3 cup green onion
1 package (1.4 ounces) dry vegetable soup mix	1 cup light sour cream
1 can (8 ounces) water chestnuts, chopped	1/2 cup low fat mayonnaise

Directions

Squeeze spinach to remove all water; set aside. Thoroughly blend tofu until smooth and creamy; add sour cream and mayonnaise. Stir in remaining ingredients. Serve with crackers or fresh vegetables.

Strawberry Fruit Dip

1 carton (6 oz.) strawberry soy yogurt
½ cup (4 oz.) soy cream cheese
2 tablespoons strawberry jam

Directions

Blend all ingredients until smooth. Serve as a dip with fresh fruit or layer fruit and dip in clear glass. Makes about 1 cup fruit dip.

Zesty Beef Roll-Ups

1 (15 oz.) can soybeans
3 Tbs prepared horseradish
6 flour tortillas
1 cup shredded cheddar cheese
18 fresh spinach leaves with stems removed
6 slices cooked deli roast beef (12 oz.)

Directions

In food processor or blender, puree soybeans. In small bowl, combine pureed soybeans and horseradish. Spread about 3 tablespoons of bean mixture on each tortilla. Top with cheese, spinach and beef. Tightly roll each tortilla and wrap with plastic wrap and chill. Cut each tortilla into 1 1/2 inch slices and serve whole. Garnish as desired. *Yield: 18 appetizers or 6 roll-up sandwiches. Serving size: 1 roll-up or 3 appetizers. Per serving: 350 calories, 15 g fat (6 g sat fat), 27 g protein (6.5 g soy protein), 27 g carbohydrate, 944 mg sodium, 54 mg cholesterol, 4 g dietary fiber.*

Layered Four-Soy Dip

1 (12.3-ounce) package firm silken tofu
½ cup soy sour cream
1 (1.25-ounce) package taco seasoning mix
1 (15-ounce) can soybeans, drained and rinsed
2 teaspoons cumin
1 (16-ounce) jar mild thick and chunky salsa
½ cup shredded Cheddar-flavored soy cheese
Soy sour cream, optional
Chopped chives, optional
Tortilla chips or soy chips

Directions

In a food processor or blender, mix tofu, ½ cup sour cream and seasoning mix until smooth. Spread on the bottom and up the sides of a 9-inch pie plate. In a food processor or blender, combine soybeans and cumin until just smooth. Spread over tofu layer; top with salsa. Sprinkle cheese over salsa layer. Chill. Top with sour cream and chives, if desired. Serve with tortilla chips or soy chips.

Makes 12 servings—Serving size: 4.5 ounces—Calories: 65—Total protein: 8g—Soy protein: 6g—Carbohydrate: 11.5g—Total fat: 31g—Saturated fat: 10g—Cholesterol: 6mg—Sodium: 574mg

Pineapple Smoothie

1 pkg (10.5 oz.) soft silken tofu

1 medium banana

1 can (12 oz.) unsweetened orange-pineapple juice, chilled

1 can (8 oz.) unsweetened crush pineapple, chilled

Directions

Mix all ingredients in a blender until thoroughly smooth. Serve immediately or refrigerate. Shake well before serving.

Yield: 5 cups. Per cup: 176 calories, 3 g fat (.1 g sat fat), 0 mg cholesterol, 6 mg sodium, 35 g carbohydrate, 5.1 g protein (1.3 g soy protein), 1.4 g dietary fiber.

Breads

Blueberry Muffins

1 ½C All purpose flour
½C Soy flour
2Tsp Baking powder
2/3C Light brown sugar
1Tsp Cinnamon
¼Tsp nutmeg
½Tsp Salt

1C Vanilla soymilk
2 Egg whites
2Tbsp Soybean oil
¼C Unsweetened applesauce
½Tsp Vanilla extract
1 ¼C Fresh or frozen, unthawed blueberries

Directions

Preheat oven to 375°. In large mixing bowl, stir together flours, baking powder, salt, sugar and cinnamon. In a small bowl, whisk together soymilk, egg whites, applesauce, vanilla and oil. Pour into dry ingredients and mix just until blended. Gently fold blueberries into batter. Divide evenly among 12 lightly greased or paper-lined muffin cups. Bake at 375° 15-18 minutes or until golden and toothpick inserted in center comes out clean. Remove from muffin tins immediately onto cooling rack.

Baking Temperature and Time: 375°, 15-18 minutes Yields: 12 muffins

Crusty Soy Bread

2 ½ C Bread flour
½ C Soy flour
½ C Soy milk
½ C Water

1 Tsp Salt
1 Tsp Sugar
1 Package dry yeast

Directions

Bread Machine Method: Add ingredients to bread machine according to manufacturer's instructions. All ingredients should be at room temperature. Use the crusty bread setting for French bread. *Conventional Method:* Mix dry ingredients together in a large mixing bowl. Scrape bowl. Gradually add liquids and knead the dough 2-3 minutes. Place dough in bowl coated with a small amount of soy oil and turn once to coat dough. Cover with wax paper and a towel. Allow to rise in a warm place until doubled in size, about one hour. On a lightly floured surface, punch down several times to remove air bubbles and shape into a loaf. Place in a 5x7 loaf pan. Cover and let rise 45 minutes. Bake at 350° for 30-40 minutes. Remove from pan and cool on wire rack or serve immediately.

Note: This bread will not rise as high as traditional breads. Baking Temperature and Time: 350°, 30-40 minutes Yield of Recipe: 1 ½ lb. loaf

Entrees

Twice Baked Potatoes

4 large potatoes

Directions

As you are mashing the potatoes, add 3/4 cup soft tofu continue to mix. Add milk to bring to desired consistency. add your favorite condiments to taste. Fill potato skins and keep warm until serving.

Grilled Pork Chops with Mediterranean Marinade

1/2 cup soybean oil	1/4 teaspoon sea salt
1/2 cup red wine vinegar	6 sprigs fresh rosemary, 2-inches long
2 tablespoons honey	2 thick-cut center cut loin pork chops, about
2 cloves garlic	2 lbs
1/4 teaspoon freshly ground black pepper	

Directions

Whirl all ingredients except pork chops in food processor for 15 seconds until blended. Place pork chops in food storage re-sealable bag; pour marinade over pork chops; seal bag and refrigerate for several hours. Remove pork chops from marinade. Discard marinade. Grill pork chops over hot coals to desired doneness or broil in the oven. Makes two pork chops.

Marinade Nutrition Per Serving: (1 tablespoon): 70 Calories, 0 g Protein, 2 g Carbohydrate, 0 g Fiber, 7 g Fat, 1 g Sat. Fat, 0 g Trans Fat, 0mg Cholesterol, 35mg sodium

Source: SoyConnection.com

Grilled Chicken Breast with Savory Rub

2 tablespoons brown sugar	1 teaspoon onion powder
1 teaspoon paprika	1 tablespoons vegetable oil
1 teaspoons coarse ground black pepper	4 boneless chicken breasts
1 teaspoon garlic powder	

Directions

Combine brown sugar, paprika, pepper, garlic powder and onion powder in small bowl. Lightly brush chicken breast with vegetable oil. Sprinkle dry rub mixture over chicken and spread to coat both sides. Place chicken on grill over hot coals about 5-inches from heat. Cook about 15 minutes per side turning once during cooking. Cook until meat thermometer inserted into thickest part of chicken breast reaches 170o F. Let meat rest about 10 minutes.

Build-A-Chicken Wrap

8 flour tortillas, heated	1 cup grated cheese
4 Chicken Breast with Savory Rub, cooked and cut into strips	1 cup shredded lettuce
½ medium red onion, thinly sliced	1 cup shredded cabbage
½ green pepper, thinly sliced	½ cup alfalfa sprouts
2 Roma tomatoes, sliced in wedges	Barbecue sauce
	Ranch Dressing

Place assorted ingredients on tortilla as desired. Fold tortilla in half; drizzle with barbecue sauce or Ranch Dressing. Makes 8.

Soy Breakfast Casserole

1 cup each shredded soy Cheddar and mozzarella cheeses	1 cup soymilk creamer
½ pound smoked turkey, diced	5 eggs
1/3 cup each thinly sliced mushrooms, yellow squash and zucchini	1 tablespoon all-purpose flour
¼ cup sliced green onions	1 teaspoon dry mustard
	¼ teaspoon salt
	1/8 teaspoon pepper

Directions

Preheat oven to 350 degrees F. Lightly spray 9-inch glass pie plate with vegetable cooking spray. Sprinkle cheeses evenly over bottom of pie plate. Top with turkey, vegetables and onion. In a large bowl, mix remaining ingredients. Carefully pour over turkey and vegetables. Bake 45 to 50 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Serve warm. Garnish as desired. Makes 6 Servings

NUTRITION—Serving size: 6.5 ounces—Calories: 220—Total protein: 23g—Soy protein: 10g—Carbohydrate: 9g—Total fat: 10g—Saturated fat: 1.5g—Cholesterol: 190mg—Sodium: 1030mg

Soy Pancakes

1 cup soy flour	1½ tsp salt
2¾ cups all-purpose flour	3 eggs
3 tbsp baking powder	3 cups soymilk
3 tbsp sugar	6 tbsp soybean oil

Directions

Mix all ingredients together until moistened. Add extra soymilk for thinner pancakes. Spray griddle with a non-stick cooking spray and preheat to 350° F. Pour ½ cup of batter on griddle for each pancake.

Yield: 16 servings. Serving Size: 1 pancake. Per serving: 188 calories, 7 g protein (2 g soy protein), 23 g carbohydrate, 7.5 g total fat (1.3 g sat fat), 441 g sodium, 41 mg cholesterol, 1 g dietary fiber.

Beef, Tofu & Green Soybean Stir Fry

1 Tbsp Soybean oil

1 Large red bell pepper, cut into thin strips

1 Large bunch broccoli, cut into flowerettes

10 Oz Box frozen green soybeans

1 ¼ Lb Sirloin steak, fat trimmed and cut into strips

1 Tbsp Soybean oil

½ Tsp Minced ginger

1 Tbsp Cornstarch

1-2 Tbsp Soy sauce

2 Tbsp Water

1 Tsp Soybean oil

7-8 Oz Firm, water-packed tofu, drained, cut into chunks or strips

Directions

Heat 1 tbsp soybean oil in large skillet or wok over medium-high heat. Add red peppers and broccoli flowerettes. Cook, stirring constantly, until crisp-tender. Stir in green soybeans and cook one minute, or until soybeans are no longer frozen. Remove vegetables with a slotted spoon and place in a bowl. Cover and set aside. Add 1 tbsp soybean oil to wok, heat. While oil is heating, make a paste of ginger, cornstarch, soy sauce, water and 1 tbsp soybean oil in a small bowl, set aside. Add beef strips to hot oil in wok, stir and cook until almost done. Add soy sauce paste mixture and stir well. Add vegetables back to wok and toss well. Add tofu and toss lightly until tofu is heated throughout. Serve over hot steamed rice or Asian noodles. Baking

Temperature and Time: Yield of Recipe: 6 servings

Salads

Italian Pasta Salad

8 oz. corkscrew pasta
1 cup frozen shelled edamame
1 cup broccoli florets
1 small zucchini, sliced in thin quarter rounds
1/2 red bell pepper, diced
1/2 cup shredded carrot
1/4 red onion, cut in thin, quarter-round slices
1/2 cup prepared Italian salad dressing
1 cup grape tomatoes or halved cherry tomatoes

Directions

Bring water to boil as called for on pasta package. Add pasta and cook. About 3 to 5 minutes before the pasta is done, add the edamame. Cook until the pasta is done. Add the broccoli florets, then immediately drain the pot and rinse the pasta with the edamame and broccoli. Transfer to a large serving bowl. Toss in the zucchini, red bell pepper, shredded carrot, and sliced red onion. Pour the dressing over and mix well. Cover and refrigerate until ready to serve. Just before serving, mix in the tomatoes.

Makes 9 cups; Per serving (1 cup): 189 calories, 6 grams protein, 24 grams carbohydrate, 7 grams fat (1.0 grams saturated) Exchanges: 1 1/3 starch, 1 vegetable, 1 fat

Nine Layer Salad

6 cups shredded lettuce	12 ounces frozen soybeans,
1 cup chopped celery	thawed
1 cup chopped onion	1 (8-ounce) package shredded
1 (15-ounce) can soybeans, rinsed and	mozzarella-flavored soy cheese
drained	¼ cup bacon bits or cooked crumbled
½ cup light salad dressing	bacon
4 ounces soft silken tofu	

Directions

Spoon lettuce in a large salad bowl; layer celery and onion. In food processor or blender, puree salad dressing and tofu. Spoon over onions; top with soybeans. Sprinkle with cheese. Garnish with bacon. Chill 2 to 3 hours. Makes 8 servings.

Nutritional Information: Per Serving: serving size 1 cup, Calories 270kcal, Total Fat 14g, Saturated Fat 1.5g, Cholesterol .5mg, Carbohydrates .20g, Total Protein 20g, Sodium 200mg, Soy Protein 14.5g

Corn & Black Soybean Pasta Salad

½ pound soy-enriched penne or bow tie pasta, cooked and drained
1 (15-ounce) can black soybeans, drained
1½ cups fresh or frozen whole kernel corn
2½ cups diced Roma tomatoes (about 1¼ pounds)
1 avocado, peeled and diced

2/3 cup diced green, red and yellow bell peppers
2/3 cup diced red onion
½ cup chopped fresh cilantro
¼ cup fresh lime juice
2 tablespoons soy oil
1 tablespoon red wine vinegar
½ teaspoon hot pepper sauce
Salt & pepper to taste

Directions

In large bowl, combine all ingredients. Chill 2 to 4 hours or until ready to serve.
Makes 8 to 10 servings

Soup

Creamy Potato Soup

2¼ cups Vitasoy Creamy Original Soymilk
2 medium potatoes- peeled and diced
1 onion, diced
2 -3 carrots, peeled and diced
1 tbsp dried dill

¼ tsp ground white pepper
2 tsp minced garlic
3 tbsp vegetable oil
4 cups vegetable stock
1 cup instant mashed potatoes

Directions

Saute onions, carrots, and potatoes until onions are translucent. Add garlic, pepper, and dill and continue to saute 2-3 minutes. Add stock, stir, and bring to light simmer. Add soymilk. Add instant potatoes, stirring constantly to fully disperse. Bring to a light simmer and cook for about 12 -15 minutes until potatoes are al dente. Taste and adjust seasonings; salt and pepper. Serve with grated parmesan cheese on top. Serves 4

Creamy Tomato Soup

2 tsp soybean oil
1 medium onion, diced
1 cup soymilk
1 (12 oz.) package firm lite silken tofu
1 large tomato, diced

1/2 tsp salt
1/2 tsp chopped garlic
1 tsp fresh basil, chopped
1/2 tsp white pepper

Directions

Cook onion in sauce pan in oil for 3 minutes or until transparent. Add tomato and garlic, continuing to cook for 2-3 minutes. Add basil, salt, and pepper. Blend in soymilk. Cook, stirring constantly, for 1 minute. Remove from heat and cool briefly. Add in tofu. Transfer to food processor and puree until smooth. Serve hot or chilled.

Yield: 3 servings. Serving size: 1 1/2 cup. Per serving: 181 calories, 8.5 g fat (0 g sat fat), 12 g protein (10 g soy protein), 17 g carbohydrate, 450 mg sodium, 0 mg cholesterol, 3 g dietary fiber.

Desserts

Berry Cobbler

2 cup black berries	3 teaspoons baking powder
2 cups blueberries	¼ teaspoon salt
2 cups raspberries	6 tablespoons margarine
¼ cup soy flour blend	2/3 cup soy milk
½ cup sugar	1 egg, beaten
1 ½ cups soy flour blend	1 teaspoon sugar
3 tablespoons sugar	

Directions

Place blackberries, blueberries and raspberries in large mixing bowl. Combine ½ cup sugar and ¼ cup soy flour blend in small bowl; add to fruit mixture and lightly coat fruit. Place coated fruit in greased 8x8-inch square baking dish. Combine in large bowl, 1½ cups soy flour blend, 3 tablespoons sugar, 3 teaspoons baking powder and ¼ teaspoon salt. Cut-in 6 tablespoons margarine until blended. Add 2/3 cup soy milk and blend until mixture forms a soft dough. Place dough between two pieces of parchment paper and roll out to fit top of fruit in baking dish. Place dough on top of fruit and brush with beaten egg and sprinkle with 1 teaspoon sugar. Bake at 350 degrees for 35 to 40 minutes or until golden brown. Makes 4 to 6 servings.

Soy Flour Blend --7 cups all-purpose flour, 1 cup soy flour, Combine both flours and keep in canister to use for any recipe using all-purpose flour as an ingredient. Makes 8 cups blended flour.

Apple Pie

Pastry Crust:

1 cup all-purpose flour
1/3 cup soy flour
½ teaspoon salt
½ cup shortening
4 to 5 tablespoons water

Filling:

5-6 medium apples, pared and sliced
½ cup brown sugar
2 tablespoons all-purpose flour
1 teaspoon ground cinnamon

Topping:

2/3 cup all-purpose flour
1/3 cup brown sugar
1/3 cup margarine

Directions

For pastry crust combine all-purpose flour, soy flour and salt; cut in shortening until crumbly. Add water gradually and stir to form pastry crust. Roll out dough on lightly floured surface to fit a 9-inch pie pan and flute edges. Combine all filling ingredients and spoon into prepared crust. Combine all topping ingredients with a fork until crumbly and sprinkle over filling. Bake at 375 degrees for 40 minutes or until browned and juice begins to bubble. If necessary, cover with foil to prevent over browning.

Apple Pizza

2 tbsp. soy margarine
6 cups sliced Jonathan or other pie apples
1/4 cup sugar

1 8-oz. pkg. refrigerated crescent roll dough
Cinnamon
Vanilla Sauce

Directions

In a large skillet melt margarine. Stir in apples and sugar. Cook, stirring occasionally until apples are just tender. Cool slightly. Unroll crescent rolls and place spoke fashion in a 12-inch pizza pan. Press together to form a solid crust. Spoon the cooked apples evenly on top of dough. Sprinkle with cinnamon. Bake in a 375° oven to 20 minutes or until crust is golden. Serve warm or cooled with Vanilla Sauce. Vanilla Sauce: Whisk together 4-serving pkg. vanilla instant pudding mix with 3/4 cup vanilla soy milk and 3/4 cup milk until smooth. Let stand at least 10 minutes. Recipe Notes: The original yeast crust was changed to this quick crust. The original cooked custard was changed to this instant pudding version. When I tried substituting all of the milk in pudding with soy milk it did not thicken. I tried several amounts of soy milk and then combinations of soy and regular milk.

Toffee Bars

1 cup butter
1 cup firmly packed brown sugar
1 egg yolk
1 teaspoon vanilla
1/4 teaspoon salt

1 - 1/2 cup all purpose flour, loosely packed
1/2 cup soy flour, loosely packed
14 ounces milk chocolate, melted
3/4 cup chopped nuts

Directions

Cream butter; add next 6 ingredients and blend. Spread into a lightly greased 10 x 15 x 1 inch pan. Bake at 350 degrees for 12-15 minutes. Watch carefully because it browns quickly. Let cool slightly and then spread with melted chocolate; sprinkle with chopped nuts. Cool. Cut into small bars. Yield about 6 dozen.

Banana Cream Pie

1 baked piecrust
3/4 cup sugar
1/3 cup flour
1/4 teaspoon salt
2 cups Silk Vanilla or Original

3 egg yolks, beaten
2 tablespoons butter or margarine
1 1/4 teaspoon vanilla
4 bananas, sliced

Directions

Prepare crust and bake fully. In a saucepan whisk together sugar, flour and salt. Gradually whisk in the Silk. Cook over medium heat, stirring constantly, until mixture is bubbly. Continue stirring and cook for two more minutes. Remove from heat and whisk 1/2 cup of Silk mixture into egg yolks. Transfer the yolks back to the saucepan, whisking constantly. Return to heat and cook for 2 more minutes while stirring. Remove from heat and sit in butter and vanilla. Arrange sliced bananas on the bottom of baked crust and top with filling mixture. Refrigerate for at least 2 hours, until thoroughly chilled. Serves 8.

Spiced Soy Hot Chocolate

1 1/2 cups chocolate soy milk
1 tablespoon natural peanut butter
1/2 teaspoon cinnamon

Light whipped cream, optional garnish
Cocoa powder, optional garnish

Directions

In a medium saucepan, combine soy milk, peanut butter and cinnamon. Cook over low to medium heat, whisking frequently, until mixture is smooth and peanut butter is melted, about 5 minutes. Serve in mug. Top with whipped cream and sprinkle with cocoa powder, if desired.

7.5 grams protein from whole soy per serving. *Nutrition Facts: 12 grams total protein per serving*

French Toast

2 Eggs
6 Day-old French bread (thick slices)
2/3 c Silk Vanilla or Silk Omega-3 DHA

1 pn Nutmeg
1/4 t Cinnamon
1 t Vanilla or almond extract

Directions

Beat together the egg, Silk, spices and extract. Spray griddle or skillet with canola and place over medium-high heat. Dip each slice of bread in the Silk mixture, soaking both sides. Place on hot skillet and cook until bottoms are golden brown. Flip and brown remaining side. Keep warm in low oven until ready to serve.