

## Soy Milk

Soymilk is made from ground soybeans, filtered water, and a small amount of brown rice sweetener. It is typically fortified to match the calcium levels of milk.

**Taste:** In general, Soy Milk is considered "hearty" among the non-dairy beverages, and is excellent when you are craving something thick and creamy. The plain varieties have a faintly sweet and nutty flavor. Taste and consistency do vary widely among Soy Milk brands, so take heart if the first one or two are not to your liking. There is typically a brand and/or flavor out there for even the pickiest "milk" connoisseurs.

**Uses:** Soy Milk can easily be substituted for cow's milk in all baking needs (both sweet and savory), over cereal, for pancakes and waffles, in smoothies, or straight from the glass. Also, in my opinion, the unsweetened varieties work equally well in savory dishes. Soy Milk does have a more pronounced flavor, and it may not be the top choice for delicate desserts and sauces. Like cow's milk, Soy Milk has a tendency to curdle when boiled. To avoid curdling, use it in dishes that contain little or no acid, add it at the end of the cooking process, warm-up the Soy Milk to at least room temperature before adding it, and don't let it come to a boil. Another option is to substitute Rice Milk for half of the Soy Milk, this will keep it from curdling as easily, and is a nice blend for cooking.

**To Purchase:** Soy Milk is very, very easy to track down. It is sold in aseptic packages, refrigerated cartons, and in powdered form. It can be found in most grocery stores in a wide variety of tastes, including plain, light, unsweetened, vanilla, chocolate, fortified, "soy-nog", mocha, chai...oh my...this could go on all day! Check the Milk Alternatives section in our Product List for a plethora of brands and flavors.

**Storage Tips:** Soy Milk will keep for seven to ten days once opened. Packages purchased in the refrigerated section should be refrigerated immediately, Soy Milk in aseptic containers should be refrigerated upon opening, but for optimal taste, go ahead and throw it in the fridge right away as well! **Making Your Own:** To be honest, with the availability of Soy Milk in stores, this is not something I will be attempting any time soon. If you are feeling adventurous and would like to save a little money though...try our recipe.

**Recipes:**

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Homemade Soymilk