

*Solae*TM 

Soy Delicious Recipes



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Strawberry Breakfast Smoothie

A super nutritious breakfast solution for busy families on the run.

Serves: 2

Ingredients:

- 250ml (1 cup) soy milk
- 90g ($\frac{2}{3}$ cup) instant oats
- 1 banana, broken into chunks
- 14 strawberries
- $\frac{1}{2}$ tsp vanilla essence
- 1 $\frac{1}{2}$ tsp caster sugar



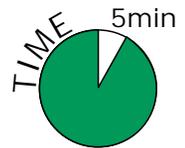
Preparation method:

Prep: 5 minutes

1. In a blender, combine soy milk, oats, banana and strawberries
2. Add vanilla and sugar if desired
3. Blend until smooth and pour into glasses and serve

Top Tip:

For a finer texture, first process the oats in the blender until fine, and then follow with the remaining ingredients.



No Fuss Banana Smoothie

Enjoy this protein-packed banana smoothie for breakfast or as a power snack anytime of the day.

Serves: 2

Ingredients:

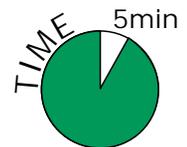
- 1 banana
- 3 scoops vanilla ice cream
- 200ml soy milk
- 2 tbs honey
- $\frac{1}{4}$ cup rolled oats



Preparation method:

Prep: 5 minutes

1. Add ingredients to blender
2. Blend until smooth and serve



Rise and Shine Swiss Muesli

Prepare the night before and this delicious breakfast will be ready when you rise and shine.

Serves: 4

Ingredients:

- 2 cups (185g) rolled oats
- ½ cup mixed dried fruit
- ½ cup nuts, chopped, such as pecans, hazelnuts and/or almonds
- 3 cups (375ml) soy milk
- 2 tbs honey
- 1 medium green apple, unpeeled, grated
- 2 ½ cups mixed fresh berries, such as raspberries, blueberries and boysenberries



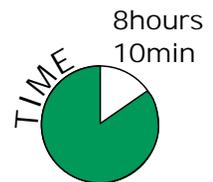
Preparation method:

Prep: 10 minutes | Extra time: 8 hours, chilling

1. Place rolled oats, dried fruit and nuts in a bowl
2. Add the soy milk then mix together. Cover and leave in the fridge for about 8 hours or overnight until the mixture becomes soft and sticky
3. Remove from fridge and add the honey and apple
4. Mix well then serve the muesli in bowls topped with fresh berries

Top Tip:

You can also serve this dish with banana, mango or other seasonal fruit.



Scrummy Yogurt Flapjacks

Ideal for a leisurely weekend breakfast or as a delicious lunchbox treat.

Serves: 4

Ingredients:

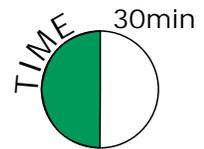
- 1 cup (125g) rice flour
- 2 tsp baking powder
- ½ tsp bicarb soda
- ½ tsp ground cinnamon
- ½ tsp salt
- 2 eggs, beaten
- 1 ¼ cups (315ml) soy yoghurt
- ¼ cup (65ml) rice milk
- 2 tbs vegetable oil



Preparation method:

Prep: 5 minutes

1. Sift the rice flour, baking powder, bicarb soda, cinnamon and salt into a bowl
2. In another bowl whisk together the beaten eggs, soy yoghurt, rice milk and oil, and pour into the flour mixture. Stir briefly just to combine
3. Heat a lightly oiled frying pan over medium-to-high heat
4. Scoop about ¼ cup (3 tablespoons) of batter per flapjack onto the heated pan, and cook for 1 to 2 minutes or until bubbles appear on the surface
5. Flip the flapjack and cook 1 to 2 minutes more, until the flapjack is golden brown on both sides



Soy Potato Bake

Bursting with flavour, this tasty potato bake can be enjoyed as great side dish or on its own as a light meal.

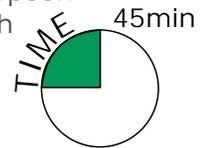
Serves: 8 Ingredients:

- 6 large potatoes, peeled and cubed
- 1 ¼ cups (315ml) vegetable stock, divided
- 2 tbs plain flour
- 1 tsp salt
- ½ tsp ground black pepper
- ¼ tsp dry mustard
- 1 pinch nutmeg
- 2 cups (250ml) soy milk
- 1 ½ cups (185g) grated cheddar-flavoured soy cheese, divided
- 1 cup (60g) soft bread crumbs
- 3 tsp paprika

Preparation method:

Prep: 20 minutes | Cook: 25 minutes

1. Preheat oven to 180°C
2. Bring a large pot of salted water to a boil. Add potatoes and cook for about 15 minutes until tender but still firm. Drain and place in a 23x33cm baking tin
3. In a small saucepan over high heat boil 2 tablespoons of stock. Reduce heat to low. Stir in flour, salt, pepper, mustard and nutmeg
4. Gradually add soy milk stirring constantly until thickened. Stir in half of the soy cheese. Stir constantly until cheese is melted. Pour over potatoes
5. In a small bowl combine the remaining stock and the bread crumbs. Spoon evenly over potatoes. Top with remaining soy cheese and sprinkle with paprika
6. Bake in preheated oven for 20 minutes



Broccoli Quiche

Yummy hot, just as good cold or even re-heated. This protein packed quiche is delicious to eat and easy to make.

Serves: 6

Ingredients:

- 1 unbaked 23cm pie shell
- 500g broccoli, diced
- 1 tbs olive oil
- 1 onion, finely diced
- 4 garlic cloves, crushed
- 500g firm tofu, drained
- ½ cup (125ml) soy milk
- ¼ tsp Dijon mustard
- ¾ tsp salt
- ¼ tsp ground nutmeg
- ½ tsp chilli powder
- 1 pinch black pepper, to taste
- 1 tbs dried parsley
- 2 tbs grated parmesan cheese

Preparation method:

Prep: 20 minutes | Cook: 50 minutes

1. Preheat oven to 200°C
2. Bake pie shell in preheated oven for 10 to 12 minutes
3. Place broccoli in a steamer over 3cm of boiling water and cover. Cook for about 2 to 6 minutes until tender but still firm, then drain
4. Heat oil in a large frying pan over a medium-to-high heat. Sauté onion and garlic until golden. Stir in the cooked broccoli and heat through
5. In a blender combine tofu, soy milk, mustard, salt, nutmeg, chilli powder, black pepper, parsley and parmesan cheese and process until smooth
6. In a large bowl combine tofu mixture with broccoli mixture. Pour into pie shell
7. Bake in preheated oven for 35 to 40 minutes or until quiche is set
8. Allow to stand for 5 minutes before cutting



Individual Berry Ice Creams

The kids (and adults) will love these protein packed ice cream treats and if you're lucky they may not realise they're healthy too!

Makes 12

Ingredients:

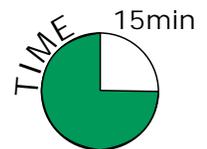
- 375g blueberries
- 375g strawberries, hulled
- 90g (½ cup) brown sugar
- 600ml (2½ cups) vanilla soy milk



Preparation method:

Prep: 15 minutes

1. Puree the blueberries and strawberries in batches in a blender or food processor
2. Strain into a medium bowl through a strainer lined with cheesecloth or muslin
3. Stir brown sugar into the sieved berries
4. Stir in soy milk until well blended. Pour mixture into ice block moulds, filling to about $\frac{2}{3}$'s full
5. Freeze for approximately 2 to 3 hours



Banana Muffins

Serve alone or with maple syrup for an extra treat, these wholesome banana muffins are sure to please.

Serves 4

Ingredients:

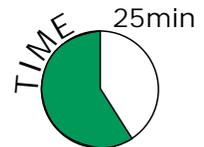
- 125g margarine
- 1 cup (155g) brown sugar
- 1 egg
- 1 banana, diced
- 3 cups (375g) plain flour
- 1 ½ tsp baking powder
- ½ tsp bicarbonate of soda
- 1 ¼ cups (310ml) soy milk



Preparation method:

Prep: 10 minutes | Cook: 15 minutes

1. Preheat oven to 180°C. Grease 12 muffin cups or line with paper muffin cases
2. Cream together margarine and sugar in a large bowl
3. Beat in egg. Add banana and blend until it is completely mixed in then add flour, baking powder and bicarbonate of soda
4. Mix batter with spoon. Stir in soy milk then spoon into muffin tray. Spoon batter into prepared muffin cups
5. Bake in preheated oven for 15 to 20 minutes until a toothpick inserted into centre of muffin comes out clean



Peanut Butter Fudge

For a special occasion or sweet indulgence, try this high protein peanut butter fudge.

Serves: 20

Ingredients:

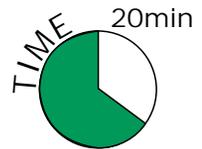
- 2 cups (440g) white sugar
- ½ cup (125ml) soy milk
- 30g extra crunchy peanut butter
- ½ tsp vanilla essence



Preparation method:

Prep: 15 minutes | Cook: 5 minutes

1. Place sugar, soy milk and peanut butter into a saucepan. Heat on a low heat to melt the sugar. Make sure you stir it while the sugar is melting
2. Once the mixture is boiling do not stir it. Allow it to continue boiling for 4 minutes
3. The mixture is ready when it forms a ball when a drop is dropped into cold water and flattens when you take it out of the water
4. Add vanilla essence
5. Cool mixture slightly then beat until it thickens
6. Pour into a buttered tin or silicone pan and place in the fridge to set
7. Break into pieces when set



Delicious Berry Yoghurt Dessert

Easy to make with just a microwave and a fork! This recipe is also perfect for people who are lactose intolerant.

Makes: 1 dessert

Ingredients:

- ¼cup frozen berries
- 1 tbs white sugar
- 2 tbs chocolate chips (or vegan choc chips for people who are lactose intolerant)
- 20g vegan margarine
- 3 tbs (60ml) soy milk
- 250g vanilla soy yoghurt
- 1 tbs chopped nuts



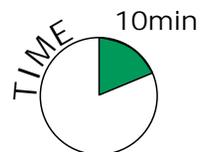
Preparation method:

Prep: 5 minutes | Cook: 5 minutes

1. Toss berries with sugar in a microwave safe bowl. Cook in the microwave for 40 seconds on full power until thawed
2. Place chocolate chips and margarine in a microwave safe bowl
3. Cook in the microwave at 60% power for 45 seconds until melted
4. Use a fork to stir until smooth. Then stir in soy milk until incorporated
5. Spoon the soy yoghurt into a small bowl, then spoon fruit over the top. Pour on chocolate sauce and sprinkle with nuts

Top Tip

Use frozen soy yoghurt from health food shops if you want to make this like an ice cream sundae.



Healthy Fig Bars

Packed with fruity fibre goodness these healthy fig bars are an ideal lunch-box treat or after-school snack.

Makes: 8-12 squares

Ingredients:

- 32 dried figs, stems removed
- $\frac{3}{4}$ cups whole wheat flour
- $\frac{3}{4}$ cups oat flour
- $\frac{1}{2}$ cup rolled oats, finely ground in a blender or food processor
- 2 tbs finely ground cashews or almonds
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{3}$ cup maple syrup
- $\frac{1}{4}$ cup soy milk



Preparation method:

Prep Time: 15 minutes | Cook Time: 20 minutes

1. Preheat the oven to 180°C. Lightly oil an 8x8 inch square cake pan
2. Place figs in a saucepan just large enough to fit with enough water to cover
3. Boil for 2-3 minutes, cover, and allow figs to soak for 10 minutes
4. Place figs in a blender or food processor with $\frac{1}{4}$ cup of the water and puree, adding more water if necessary
5. Meanwhile, make the crust. In a small mixing bowl, sift together the flour, ground oats, ground nuts, baking soda and salt
6. In another small bowl, whisk together the canola oil, maple syrup and soy milk until well combined
7. Add the wet ingredients to the dry ingredients and mix until combined
8. Spread half to $\frac{2}{3}$ of the crust mixture evenly on the bottom of the prepared pan, followed by the fig mixture
9. Top with the remaining crust mixture, drizzle maple syrup if desired
10. Bake for 18-22 minutes, or until golden brown

