

“Soy-izing” recipes is easy!

One of the obstacles facing consumers who want to begin cooking with soy is the thought that they have to use all new recipes.

Below are easy suggestions to take favorite recipes and add soy protein. Not only are they simple, they're delicious!

Dips

- **Substitute soft tofu or tofu sour cream in sour cream-based recipes**
- **Substitute soy cream cheese for dairy cream cheese**

Salad Dressing

- **Blend soft tofu with mayonnaise or bottled salad dressings**

For more information call **800-852-BEAN**

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