

Soy Flour

Soy flour is made from whole soybeans that have been roasted and ground. A small amount of soy flour is often added to commercially prepared baked goods because it makes a moist, tender product with a longer shelf life. Using soy flour in home cooking is a delicious, easy way to get a little more soy in your diet.

Soy Flour Nutrition

Some soy flour is defatted to keep the flour fresh. Other than losing the fat content, however, you will be getting all the nutrition of the whole soybean, including protein and isoflavones. Always check the nutrition facts label of the product you buy.

	calories	protein	fat	carbohydrate	fiber	isoflavones
1 cup defatted	329	47 g	1 g	38 g	17.5 g	131 mg
1 cup full fat	366	29 g	17 g	30 g	8.1 g	149 mg

Buying Soy Flour

Soy flour is available under several brand names. Many stores carry bags or boxes of soy flour on the shelf with wheat flour and other baking flours. It may also be stocked in the natural foods or health foods section of your supermarket. If you don't see it, ask for it. Natural foods stores often carry soy flour in bulk bins so you can scoop out the amount you want to purchase.

Defatted soy flour can be kept on the shelf in a tightly closed container for at least several months. Full-fat soy flour, like whole grain wheat flour, should be stored in the refrigerator or freezer to keep it from going rancid.

Tips for Using Soy Flour

- Stir soy flour before measuring, as it tends to pack down.
- Use soy flour to replace up to one-fourth of the wheat flour in quick breads, muffins and cookies. That is, for each 1 cup of flour called for, use 3/4 cup of all-purpose or whole wheat flour and 1/4 cup of soy flour.
- Different recipes can handle different amounts of soy flour without noticeably changing the taste, texture, or appearance. If you are uncertain how much soy flour your recipe can handle, start with a smaller amount. You can add more the next time you make it.
- Pre-mix a batch of soy flour and all-purpose flour to keep handy for baking cakes, cookies and quick breads. Use 1 part soy flour to 3 parts all-purpose flour or any ratio that you like to use.
- Yeast breads can handle up to 15% soy flour. To get this amount, put about 2 tablespoons soy flour in a cup and then fill the cup with bread flour.
- Soy flour makes a moist, tender product that browns quickly. Sometimes it is necessary to reduce oven temperature slightly to avoid overbrowning.

Moist Bran Muffins

1-1/2 cups 100% bran cereal (not flakes)
1/2 cup raisins
1/2 cup boiling water
2 egg whites, lightly beaten
3/4 cup soymilk or cow's milk
1/4 cup applesauce
1/4 cup molasses
2 Tbs oil
3/4 cup flour (may be all or part whole wheat)
1/4 cup soy flour
1/4 cup brown sugar
1-1/2 tsp baking powder
1/2 tsp baking soda

- Preheat the oven to 375°.
- Put the cereal and raisins in a large mixing bowl and pour the boiling water over them. Stir to mix, then allow to cool while preparing the remaining ingredients.
 - Whisk together the egg whites, soymilk, applesauce, molasses and oil in a small mixing bowl.
 - Sift together the flour, soy flour, brown sugar, baking powder and baking soda.
 - Stir the applesauce mixture into the cereal mixture. Add the flour mixture and stir just to combine.
 - Divide the mixture among 12 nonstick or lightly greased muffin cups. Bake at 375° for about 25 minutes, until a pick inserted into the center of a muffin tests clean. Remove muffins from pan and cool on a wire rack.

Yield: 12 muffins **Serving size:** 1 muffin
Per serving: 147 calories, 3 g total fat (0.5 sat fat), 4 pro, 30 g carb, 3.1 g fiber, 143 mg sodium, 0 mg cholesterol
Exchanges: 1 starch, 1 fruit, 1/2 fat

Oat Bread

1/2 cup rolled oats
1-1/4 cups soymilk or cow's milk
2 Tbs brown sugar
1 Tbs oil (optional)
2 tsp dry yeast
1/4 cup lukewarm water
1 tsp salt
1/2 cup soy flour
1/2 cup white bread flour
2 cups whole wheat flour

- Put the oats in a large mixing bowl. Heat the soymilk, brown sugar and oil until almost boiling and pour over the oats. Let cool to lukewarm.

- Dissolve the yeast in the warm water in a small bowl. When bubbles start to form, stir it into the oat mixture.
- Using a large wooden spoon, beat in the salt, soy flour, white flour and whole wheat flour to make soft dough.
- Turn dough out onto lightly floured surface and knead 5-10 minutes until smooth and elastic. Dough will be sticky. Cover with a cloth and let rise until doubled, about 1-1/2 hours.
- Punch dough down. Shape into a loaf and put into a greased loaf pan and let rise until it reaches the top of the pan. Bake at 350° about 35-40 minutes, until golden and loaf sounds hollow when tapped on the bottom. (If loaf is browning too quickly, cover loosely with foil to prevent further browning.) Remove from pan immediately and let cool on a rack.

Yield: 1 loaf (16 slices) **Serving size:** 1 slice
Per serving: 105 calories, 1 g total fat (0.1 g sat fat), 4 g pro, 21 g carb, 2.3 g fiber, 144 mg sodium, 0 mg cholesterol
Exchanges: 1-1/2 starch

Cornbread

1 cup cornmeal (preferably whole-grain)
3/4 cup flour (may be all or part whole wheat)
1/4 cup soy flour
1 Tbs baking powder
2 egg whites
1 cup soymilk or cow's milk
1 cup creamed corn
1 Tbs oil

- Preheat the oven to 400°.
- In a medium mixing bowl combine the cornmeal, flour, soy flour and baking powder. In another bowl whisk together the egg whites, soymilk, creamed corn and oil. Add the mixture to the dry ingredients, stirring just to blend.
- Pour the batter into a lightly greased 9" pie plate and bake at 400° for about 25 minutes, until center tests done. If bread is browning too quickly, cover loosely with foil. Cut into 8 wedges to serve.

Yield: 8 servings **Serving size:** 1 wedge
Per serving: 170 calories, 3 g total fat (0.4 g sat fat), 6 g pro, 31 g carb, 3.2 g fiber, 222 mg sodium, 0 mg cholesterol
Exchanges: 2 starch

Recipes from *Simply Soy: A Variety of Choices*

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