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April is National Soyfoods Month Dessert Recipes

Soy meets plant protein needs and may help support brain health, too

Ankeny, Iowa, March 16, 2022—April is National Soyfoods Month, a time to keep in mind that soyfoods offer nutrition, culinary and wellness benefits. Soy meets plant protein needs, and researchers also have been motivated to study its effect on brain health. Ingredients such as tofu and soymilk are budget-friendly sources of high-quality protein. They provide healthy fat and a variety of vitamins and minerals. One cup of soymilk, an ounce of soynuts or a half cup of tofu are each considered one serving of soyfoods. Soymilk provides 7-8 grams of protein per serving, while silken tofu offers 8.5 grams. The culinary attributes of soyfoods offer a way to add a plant protein twist to everything from appetizers and snacks to simply elegant desserts. The Soyfoods Council shares the following dessert ideas to help celebrate National Soyfoods Month in style.

Additionally, soyfoods keep pace with current trends as attitudes about wellness continue to evolve. According to the International Food Information Council's *2022 Food and Health Survey*, energy is the most sought-after food benefit for adults. Emotional/mental health also is among the top three benefits being sought by Gen Z consumers. Mintel's 2023 Global Food and

Drink Trends include the growing demand for foods and beverages that optimize brain function, influence cognitive capacity and manage stress levels. In 2020, an analysis of 16 clinical studies published in *Nutrition Reviews* concluded that soy isoflavones may improve cognitive function in adults. Scientists also have been motivated to study the effects of soyfoods on depression because soybeans are a rich source of isoflavones.

National Soyfoods Month is the ideal time for these sweet—but not too sweet—recipes.

Chocolate Peanut Butter Tofu Tart: The filling is made in a blender, combining silken tofu, creamy peanut butter, semi-sweet chocolate chips and 2 Tablespoons of soymilk. The tart filling is added to a chocolate cookie crumb crust.

Orange Panna Cotta with Dark Chocolate Ganache: Panna cotta is an Italian version of silky, light custard made without eggs. It's traditionally accompanied by fruit and a chocolate sauce. Ingredients for this version include a package of silken tofu, 1 cup of soymilk, a Tablespoon each of sugar and powdered gelatin, a half cup of honey, a pinch of salt and the zest of an orange half.

Find these and other soyfoods dessert recipes such as **Cashew Tofu Cheesecake with Caramel Sauce** on The Soyfoods Council website at www.the-soyfoods-council.com. You can also learn about the latest research about soy and your health, and get budget-friendly tips for soy-izing your favorite recipes to add more plant protein to your diet.

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About soyfoods and sustainability: *Sustainability is a soy tradition. U. S. soybean farmers have been practicing sustainable agriculture methods for decades. Currently, 95% of U.S. soy growers are committed to sustainable farming practices and partner with the USDA to implement conservation programs. Soyfoods may play a significant role as a source of protein that minimally contributes to greenhouse gas (GHG) emissions in comparison to other protein sources.*

About the Soyfoods Council: *The Soyfoods Council is a non-profit organization, created and funded by Iowa soybean farmers, providing a complete resource to increase awareness of soyfoods, educate and inform media, healthcare professionals, consumers and the retail and foodservice markets about the many benefits of Soyfoods.*