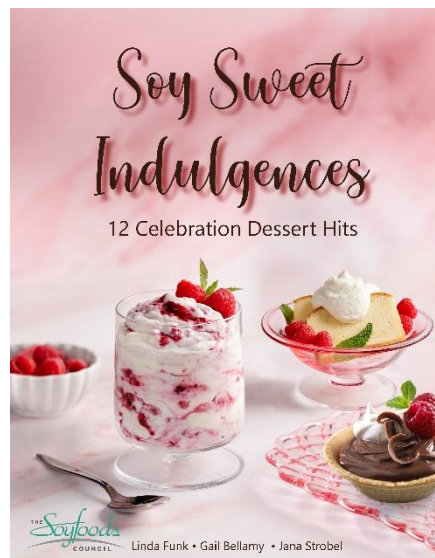


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12 Smartly Sweet Dessert Recipes Available Free from the Soyfoods Council



Ankeny, Iowa, October 8, 2025— The Soyfoods Council offers the new, free digital recipe brochure, *Soy Sweet Indulgences: 12 Celebration Dessert Hits* on its website. Today’s trendiest desserts not only taste great, they gravitate towards less sugary choices made with better-for-you ingredients. As you gear up for the holiday season, soy foods help achieve those goals without sacrificing taste or texture.

Smartly sweet and lightly sweet dessert ideas help you add protein and accentuate the flavors you love for dessert. Plant-forward recipes fit in with a healthy approach to eating while keeping the indulgence factor high through the holidays and beyond. Interspersed with recipes and

photos, the brochure offers a dozen year-round dessert ideas along with tips for soy-izing your favorite family recipes. Add plant protein to desserts by incorporating soy foods such as silken tofu, soymilk and Textured Soy Protein (also known as TSP or Textured Vegetable Protein, TVP).

The recipe brochure helps you tap into trends like fruit-based desserts, next generation versions of ice cream including **Chocolate Tofu Ice Cream**, and sweets featuring global ingredients such as Dubai chocolate and Miso Caramel Sauce. You'll also find updates on nostalgia flavors such as the **Chocolate Peanut Butter Tofu Tart**.

Make **Tofu Whipped Cream** using a blend of half heavy whipping cream and half soft silken tofu. It's a versatile dessert topping, garnish or ingredient in updates of classic desserts such as **Raspberry Fool**. The no-cook chilled dessert calls for frozen raspberries, powdered sugar and Tofu Whipped Cream.

For **Lightly Sweet Date, Oatmeal and Textured Soy Protein Cookies**, the sweetness comes from chopped dates and ¼ cup brown sugar. The plant protein comes from ½ cup soft silken tofu and ¼ cup Textured Soy Protein. Keep in mind that a ¼ cup serving of TSP is a fiber-rich, zero fat ingredient that boasts 11 to 13 grams of soy protein. Oatmeal, 1/3 cup of flour and ¼ cup of butter round out the cookie ingredients.

Luxurious ingredients such as the global sensation Dubai Chocolate elevate traditional desserts. Dubai Chocolate bars are enhanced by pistachio cream and kadayif (strands of shredded phyllo). **Dubai Chocolate Brownies** can be made with a boxed brownie mix. Atop baked brownies, spread a melted Dubai Chocolate bar mixed with jar of pistachio. Chill, and at serving time add a dollop of Tofu Whipped Cream.

Visit The Soyfoods Council website at www.thesoyfoodscouncil.com to download the free *Soy Sweet Indulgences* recipe brochure for contemporary dessert ideas. Learn how you can enjoy sweet endings without abandoning healthful eating throughout the holidays and beyond. The website is frequently updated with recipes and the latest information on soyfoods and your health.

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.