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Easy Holiday Entertaining Ideas: Soy Foods for Appetizers, Drinks & Desserts



Ankeny, Iowa, December 2, 2025—This year, give yourself a break with easy, better-for-you appetizers and celebration-worthy sweets that will wow holiday guests. The Soyfoods Council offers holiday recipe ideas featuring tofu, tempeh and soymilk. Its latest resource is a new illustrated brochure, *Soy Sweet Indulgences*, that offers a dozen dessert ideas.

Soy is a high-quality, complete plant protein that's easy on your budget and versatile enough to incorporate into your favorite recipes. Sometimes it's as simple as adding silken tofu to mashed potatoes, whipped cream or dressings and dips. For example, Tofu Whipped Cream lightens up whipped cream-

based dessert toppings throughout the holidays. Each ¼ cup serving of silken tofu provides 8.5 grams of cholesterol-free protein.

To make Tofu Whipped Cream, fold a cup of silken tofu into a cup of heavy whipping cream that has been beaten with an electric mixer until it forms soft peaks. Add a bit of powdered sugar, a teaspoon of vanilla extract and continue to whip the topping until the tofu and whipped cream are well incorporated. Serve the topping on ice cream, fresh berries or Tofu Pumpkin Pie.

Make Tofu Pumpkin Pie with a package of extra firm silken tofu and a 15-ounce can of pumpkin. Flavor the pie filling with 2 Tbsp. each of soybean oil and dark molasses and ¾ cup granulated sugar. Season with ground ginger, cinnamon, nutmeg, ground clove and vanilla extract. Pour into a 9” unbaked pie crust and bake.

For an appetizer with global flavors, offer Tempeh Bites with Curried Peanut Sauce. These bite-sized tempeh appetizers are coated with a savory sauce and served on toothpicks. Tempeh (fermented soybean cake) is a probiotic food, offering approximately 18 grams of complete plant protein per serving. To make this appetizer, simmer tempeh cubes for 15 minutes in a flavored broth. They’re served with an Indonesian-inspired curried peanut sauce. The sauce is easy to make, featuring curry powder, dry roasted peanuts, turmeric, onion, ginger and garlic.

Don’t forget soy beverages such as mugs of Hot Chocolate Soymilk, heated in a microwave and garnished with peppermint sticks, or Soymilk Eggnog. Did you know that soymilk offers an average of 7 to 8 grams of protein per serving, about the same amount found in 2% reduced fat milk? Soymilk is cholesterol free and is available in vanilla, chocolate and eggnog flavors.

The Soyfoods Council website at www.thesoyfoodscouncil.com provides complete recipe instructions for these holiday ideas. Download *Soy Sweet Indulgences*, and three free digital cookbooks: *Just Add Soy*, *Easy Snackable Soy*, and *Really Fast, Really Easy, Really Good*. The website is frequently updated with recipes and provides the latest information on soyfoods and your health, too.

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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.*