

NUTRITION NEWS

Soymilk: Healthful Alternative To Dairy Products

(NAPS)—Increasingly, people are searching for healthy alternatives to dairy products. Soy, a common dairy alternative, has attracted a great deal of attention for its health benefits.

Substituting soy for dairy can be a great way to lower saturated fat and cholesterol content in foods. What's more, according to the Food and Drug Administration-approved soy protein health claim: 25 grams of soy protein as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.

Today, with companies like the Hain Celestial Group, which offer an extensive soy-based product line, it can be easy to find the right soymilk to match any preference. Soymilk products are offered in a wide range of beverages, such as:

- Westsoy Smart Plus, with 11 grams of soy protein per serving, contains 33 percent more soy protein than whole milk and more protein than any other soy beverage available;
 - Westsoy Plus, a delicious and creamy way to get 25 percent of the recommended daily value of soy; and
 - An assortment of naturally cholesterol-free, reduced-calorie and low-fat soymilk varieties, including low fat, lite and non-fat. All varieties are available in vanilla, chocolate and plain flavors.
- "Today's soy is different from the texturized vegetable protein of twenty, or even two, years ago," said Maureen Putman, vice president of marketing for the Hain



Soymilk can be incorporated easily into any meal.

Celestial Group. "Many people are not aware of the fact that soymilk, which is known to be good for you, now also tastes delicious."

This tasty recipe is one example of how soymilk can be used in everyday foods:

Chocolate Pancakes

- 1 cup unbleached flour**
- 2 teaspoons baking powder**
- 1 teaspoon salt (optional)**
- 3 tablespoons sugar or honey**
- 1 cup Westsoy Plus Chocolate**
- 1 egg or egg substitute**
- 2 tablespoons Hain Safflower Oil**

In a large bowl, stir together all dry ingredients. In a separate bowl, stir together liquid ingredients. Pour soymilk mixture into the flour mixture and stir until a smooth batter is achieved. Lightly oil a griddle or skillet and heat over medium heat. Pour batter onto griddle and cook until pancakes are bubbly on top; turn and cook until browned. Makes 12 to 14 four-inch pancakes.