Cooking With Soy!

Soy beans are protein rich vegetables, proteins keep us healthy and also needed for strong muscles nail and hair growth.

Proteins are made of amino acids hence giving the needed amino acids to the body. There are various sources of soy such as, soy milk, soy sauce and tofu. Soy beans can be eaten and cooked in many different ways.

Soy benefits

Soy beans are source of proteins. It improves food nutrition and taste when added to to bread, cereals and meat products. They are used to make soy nuts, flour and textured soy protein.

Soy beans are used to make soy nuts, flour and textured soy protein which enhances the use of meat dishes. Also soy provide cost saving nutrition and taste.

Soy absorbs the flavours of other ingredients since has a neutral flavour. It also adds the great taste of dish and potentially makes it nutritious.