

the Soy for Health cookbook

recipes with style and taste



Kurumi Hayter

Soy For Health Cookbook

Ruth Winter



Soy For Health Cookbook:

The Soy for Health Cookbook Kurumi Hayter, 2001

Soy for Health Cookbook Kurumi Hayter, 2006-02-01

Virtues of Soy Monique N. Gilbert, 2000-12-20 Soy often declared the miracle food of the new millennium is the most popular and complete vegetable protein source in the world Nutritionally packed and extremely versatile soy and soy based products provide a vast array of health benefits Yet many people are still unsure how to use these foods in their everyday cooking *Virtues of Soy* addresses this dilemma Discover exactly why soy products such as tofu tempeh textured soy protein soymilk miso and soy flour are good for your health Learn more than 169 delicious ways to incorporate these soy foods into your diet Find out about soy's culinary history evolution and nutritional breakdown Based on solid scientific and medical research *Virtues of Soy* explains how soy foods can lower cholesterol fight heart disease prevent strokes reduce hypertension inhibit certain cancers ward off osteoporosis moderate menopausal symptoms ease PMS regulate diabetes and control kidney disease This guide thoroughly examines these medical conditions and extensively details soy's influence upon them Presented in an easy to understand question and answer format *Virtues of Soy* takes the mystery out of soy foods It describes what the various soy products used in the recipes are where to buy them how much is needed to produce positive results and which ones are best at improving these various medical conditions This scrumptious collection of 169 truly tasty soy enriched recipes has simple to follow directions and all are meat and dairy free These original and creative recipes range from quick and easy comfort foods to elegant entertaining cuisine and are perfect for anyone who wants to preserve or enhance their health Whether young or old male or female vegetarian or non vegetarian this book will teach you how to implement a well balanced heart healthy anti cancer hormone regulating and bone strengthening diet Not only is *Virtues of Soy* a practical health guide and magnificent cookbook it is truly the only comprehensive soy reference manual you will ever need *The New Soy Cookbook* Lorna Sass, 1998-04-01 They said we couldn't make soy appetizing They said we couldn't make soy beautiful *The New Soy Cookbook* is here to prove them wrong Today's all natural health miracle soy can be a delicious and elegant ingredient in any meal Soyfoods are increasingly being found to protect against heart disease cancer and osteoporosis to lower cholesterol and to relieve hot flashes and other symptoms of menopause Health conscious cooks everywhere are eager to make soy a regular part of their lives but they need the culinary guidance of a pro like best selling cookbook author Lorna Sass In addition to Asian inspired dishes Sass's mainly meatless and mostly cholesterol free recipes cleverly place soyfoods in mainstream Western favorites for recipes such as Double Soybean Chili or Tempeh Simmered in Red Wine with Herbes de Provence These dishes are friendly and appealing enough even for the truly soy resistant It's time for cooks everywhere to discover the many pleasures of this modest little bean *Super Soy* Ruth Winter, 1996 Recent findings confirm the roles of foods derived from the soy bean in the maintenance of good health *Super Soy* outlines the six vital medical benefits of soy based foods and provides fifty recipes developed by New York's Natural Gourmet Cookery

School Ruth Winter also defines the many varieties of soy products available and tells how to choose the best and how to retain their benefits through cooking Finally fifty mouthwatering recipes featuring soybeans and soybean products make it easy to introduce soy into your daily diet

History of Soybeans and Soyfoods in China, in Chinese Cookbooks and Restaurants, and in Chinese Work with Soyfoods Outside China (Including Taiwan, Manchuria, Hong Kong & Tibet) (1949-2022) William Shurtleff; Akiko Aoyagi,2022-01-11 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 231 photographs and illustrations mostly color Free of charge in digital PDF format

History of Soy Nutritional Research (1946-1989) William Shurtleff; Akiko Aoyagi,2021-02-07 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 20 photographs and illustrations many color Free of charge in digital PDF format

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Healthy Soy Brigid Treloar,Karen Inge,2002

History of Soybeans and Soyfoods in Korea, and in Korean Cookbooks, Restaurants, and Korean Work with Soyfoods outside Korea William Shurtleff,Akiko Aoyagi,2014-03-26 The world s most comprehensive well documented and well illustrated book on soy in Korea With extensive index and 80 photographs and illustration Free of charge in digital format on Google Books

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