

THINSPIRED

SIMRA KHAN

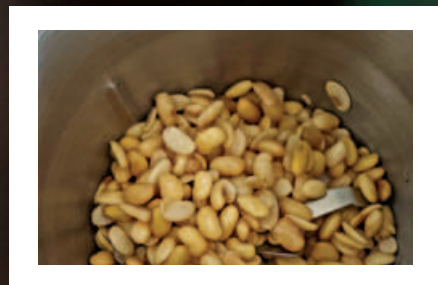
Fitness and Nutrition Coach, Mentor/
Guide at ThinspiredbySimra,
Managing Director Fit Food
Culinary Artist- Specialized in Healthy
Cooking



How to make soy milk

Soy milk is slowly replacing dairy milk worldwide. It is extracted by grinding soybeans and squeezing out the liquid from the mixture to form a milk-based item. This vegan alternative to dairy has been used predominantly in Asian cuisine since the 19th century, mostly in China.

These days, the choice of non-dairy, vegan, and plant-based food are in

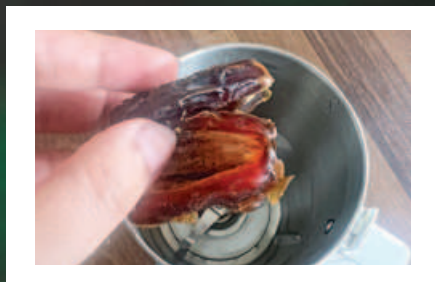


high demand, which makes many non-dairy such as almond milk, pistachio milk, cashew milk, and even oat milk options popular in the world.

Soy milk has a diversified usage in the culinary field. Its creamy texture, nutritional values (omega-3, anti-inflammatory agents, and antioxidants from flavonoids) makes it extra special. Plus, those who have lactose intolerance can comfortably incorporate this milk for tea, coffee, or smoothies in their daily life without feeling bloated or gassy.

Is soy milk good for you even if you are not lactose intolerant or a vegan?

Soy milk has antioxidants; it is anti-inflammatory and potentially has heart-protective properties. Research also suggests that soy foods may play a role in reducing the risk of chronic



diseases, such as heart disease and osteoporosis.

One cup of soy milk has 130 Calories approximately, 4.9g fat, 15g carb, 2g fibre, 7g protein, and 10g sugar. With nine essential amino acids and a good source of protein, it is the powerhouse of nutrition.

How is soy milk made at home?

Soy milk can be easily made at home and stored in the refrigerator for a longer period. It is way cheaper than store-bought ones, plus it is very easy to make. Here's how you can make it at home.

Soak: First, you need dry soya beans found easily in the supermarket. Soak 3 cups of soybean in 6 cups of water. Let it stay overnight to soak in all the moisture, getting softened and easy to peel. Remove the outer skin by rubbing them together. Rinse. If you skip this step, it's fine but this makes the bean cleaner for better colour of the milk. Drain the water and set aside.

Blend: In a blender, add 3-4 pitted dates for extra sweetness and flavour of the milk. You can also add vanilla essence and cinnamon powder if you like. Now, add peeled soybeans and add water as needed to blend them for 2-3 minutes into a paste. After the paste is done, set aside and take a cheesecloth so that you can squeeze

the milk through it. You can also use a mesh bag or mesh strainer.

Strain: Squeeze the milk through the mesh fabric by taking a spoon full of soy paste and squeezing out as much liquid as possible.

Cook: Pour the mixture into a big pot and add 2 cups of filtered water and stir. Bring to a boil on medium-high heat, stir and immediately bring it down to low heat so it does not burn. Keep on low heat for 2 minutes.

Let it cool and pour in a glass or store in the fridge for 3-4 days or store in a deep fridge for a longer time. Because of the low sugar content in soy milk, it can be used to make a variety of dishes. It can be used in desserts and even the main course. You can prepare any dish of your choice. Also, soy milk can be made into tofu which is a popular ingredient in some Asian dishes.

The writer is a fitness and nutrition coach/culinary expert.

