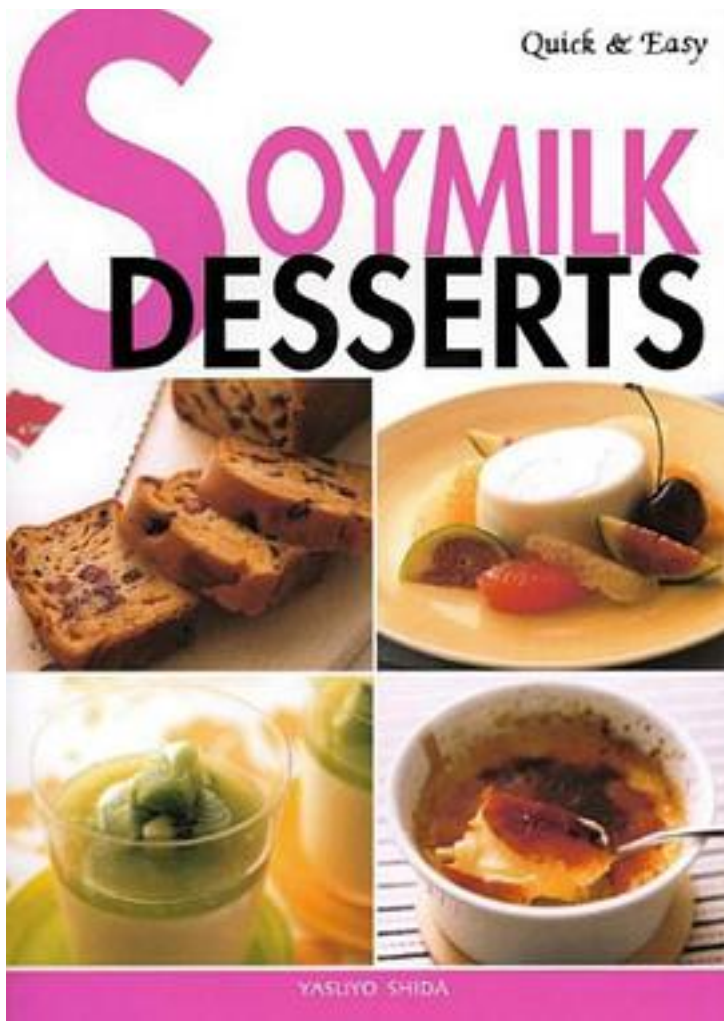


# Quick and Easy Soymilk Desserts



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Soymilk is attracting worldwide interest for its dietary benefits and can be found in

almost every market. Light and easily digestible, soymilk contains good quality phytoproteins and vitamins and minerals such as calcium, magnesium, and potassium. Although drinking soymilk is quite common it is still difficult for most people to substitute soymilk in everyday recipes, and many of those who can't tolerate cow's milk often go without their favorite foods. Soymilk Desserts makes cooking with soymilk simple and easy without complicated conversions or substitutions. Soymilk Desserts features 77 sweet recipes from popular chocolate cakes, fruit desserts, and puddings to fiber-rich cookies made with tofu byproducts. Each recipe comes with step-by-step photos and instructions that even a beginner can follow.

作者介绍:

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