

## ***Tekpinoy.biz #24: Soybean Products***

***Matuto at kumita!***  
**Cook your way to wealth**

Have you ever wondered how you can reach financial freedom in spite of the COVID-19 pandemic?

If you are out of a job or desiring to leave one and feeling cooped up at home, there is a flavorful, easy way out.

"*Kitang-Kita Na sa TekPinoy.biz Series of ITDI*" is the turn of the year learning tool for you. Let the Industrial Technology Development Institute (DOST-ITDI) teach you 55 simple and cheap ways to prepare meat, fish, fruits, and vegetables. For the manly type - muscle up with 14 machine-based technologies.

***Below is TekPinoy.biz #24 on Soybean Products.***

### **Healthy soybeans for you**

As the main ingredient in our all-time favorite *taho*, did you know that soybeans or soya can be turned into a lot of tasty foods too?



With its teeming health benefits, soybean is considered an important crop in both Asian and Western countries. It is rich in protein, vitamins, minerals, and fiber. It is also high in isoflavones, a plant compound and antioxidant that helps prevent cardiovascular diseases, osteoporosis, and other hormone-dependent diseases.

To make more out of this valuable legume, ITDI compiled a series of recipes for soybean food products. The series includes a recipe for soymilk, a popular dairy alternative among vegetarians that can be enjoyed plain or with flavor. A recipe for the Pinoy-favorite *taho* is also included.

Aside from snacks, DOST-ITDI also included a recipe for more belly-filling soybean products such as *tokwa* and soyburger.

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Soybean Products is Series No. 26 of ITDI's livelihood technologies under its "*Kitang-kita Na sa TekPinoy.biz Series.*" The online material is free and can be accessed at <http://bit.ly/ITDILivelihoodSeries>.

Parties can request for online techno demonstration of technologies included in the series. For particulars, write or call:

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