

## DOST-ITDI develops okara-based food products, gears for market entry

Nutrient-loaded okara-based food and beverage products will soon be available to satisfy your cravings for healthy treats!

The Industrial Technology Development Institute of the Department of Science and Technology (DOST-ITDI), responding to the health-conscious populace's clamor for nutritious food and drink products, has explored and tapped the potential of okara or soya pulp to produce highly nutritious and protein-loaded beverages and pastries.



ITDI's Marina G. Yao, Senior Science Research Specialist, developed an okara-based food ingredient that can be used to make an array of delicious and nutritious foods and drinks, such as chocolate milk drinks, cookies, macaroons, and cakes.



Ms. Yao cited Okara's health benefits and usefulness, citing its richness in plant-based protein with complete essential amino acids, dietary fiber, and essential micronutrients such as B vitamins, calcium, and magnesium.

It enhances the nutritional profile of foods, making them particularly appealing. Its low-fat content and neutral flavor blend seamlessly into sweet and savory dishes. It offers a versatile ingredient that enhances texture and absorbs other flavors well without overpowering them.

She further stated that, for sustainability, using okara helps reduce food waste by upcycling a by-product often discarded while processing soya milk, tofu, and other soy-based products.

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As ITDI gears up for market entry, a soft launch of ITDI's developed ready-to-drink okara chocolate beverage dubbed as Souia Bene was done during the twin celebration of the 2024 Science Food Festival and IFWD PH Summit on May 29 - June 1 at the atrium of Lucky Chinatown in Binondo, Manila.

Also, a product re-launch ensued on June 20, 2024, during the DOST-ITDI Technology Pitching for its latest food technologies, where okara-based pastry products like cookies, macaroons, and cakes were taste-tasted.

ITDI-developed okara comes in ready-to-drink and pre-mix formats, offering unparalleled versatility to cater to consumers' diverse preferences and lifestyles. This also opens up new business ideas for start-ups and active industry players.

And, while providing healthy food options from soya bean pulp, ITDI's commitment to sustainability remains steadfast as food waste like soya pulp is repurposed to address food waste concerns and champions eco-friendly practices. (//DDGotis, ITDI S&T Media Service)

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