

# Experience the Difference EDENSOY<sup>®</sup>

## SOYMILK

- 100% U.S.A. family organically grown whole soy and whole grain
- Grocery Headquarters 2011 'Trailblazer Award' winner ~ see edenfoods.com/GH2011
- First Non-GMO Verified Soymilk
- Only whole bean soy with all 18 amino acids
- Naturally occurring omega 3, 6, and 9 essential fatty acids (EFAs) and isoflavones
- No refined sugar, soy isolate, or additives
- No widely used chemical flavor maskers

### Heart Healthy\*

\* Diets containing foods that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.



© pareve

## U.S.A. CREAM OF THE CROP

EDENSOY is 100% U.S.A. family organic soybean and grain. We visit our growers' farms and families regularly. Long-term organic agriculture has created rich, vital soil producing foods brimming with energy, superior taste, and the best most satisfying nutrition.

## PURE & PURIFYING

EDENSOY pioneered soymilk in America. As its benefits became popular, food makers rushed to market with 'me too' EDENSOY imitations. Today almost all soymilks are made of soybeans from China, Brazil, and Argentina because 'so called organic' soybeans from these countries are so much cheaper. Most of them contain isolated soy protein, refined sugars, undeclared chemical flavor maskers, and other chemicals labeled as natural flavors, or not declared at all.

EDENSOY is 100% Eden selected pure, whole natural foods providing the highest quality soy protein and a whole range of balanced nutrients including calcium, potassium, B vitamins, minerals, trace elements, and abundant phytonutrients.

## NO SHORTCUTS

Soybeans require precise preparation and thorough cooking to properly prepare them as human sustenance. EDENSOY provides this value based upon thorough research into how to best prepare soybeans and 240 continuous quality control checks. From double reverse osmosis purified water, a patented enzyme invalidator, to Swedish aseptic packaging equipment, every step we takes contributes to its greater value and the best nourishment possible from whole soy.

## NON-GMO VERIFIED

Most soybeans today are genetically engineered. Much work is demanded to keep EDENSOY GMO free, including stringent tests of seed, in growing, at the elevator, and at the manufacturing plant. We avoid the use of pharmaceutical enzymes and know all farms, fields, farmers, and suppliers. When the *New York Times* tested eleven soy and corn based foods, only one tested GMO free - EDENSOY.



## WHOLE SOY NOURISHMENT

Soybeans have been important food for at least 5,000 years. Western science has confirmed soy as healthy food. In 1999 FDA recognized the role of soybeans in reducing cholesterol, saying a diet rich in soy protein and low in saturated fat may help reduce the risk of heart disease. It is widely known that whole organic soyfood, such as EDENSOY, best provides the desired benefits. Good food sources of phytonutrients are much, much better than industrial isolates and chemical imitations.

## PURE ALLURING FLAVOR

### 100% Pure Vanilla Extract

... is from *Vanilla planifolia* beans of the orchid tree. It contains more than 250 flavor and aromatic compounds. Chemical vanillas do not. A laborious process extracts them, and the extract is aged for two years. It has a lovely bouquet and clean fresh taste, sweet and amorous. Fake vanilla flavors do not. They are disguised on packages as natural vanilla flavor, natural vanilla with other natural flavors, organic natural vanilla flavor, or vanillin. EDENSOY is the only soymilk in America with 100% real, pure vanilla extract. For more details visit edenfoods.com/vanilla

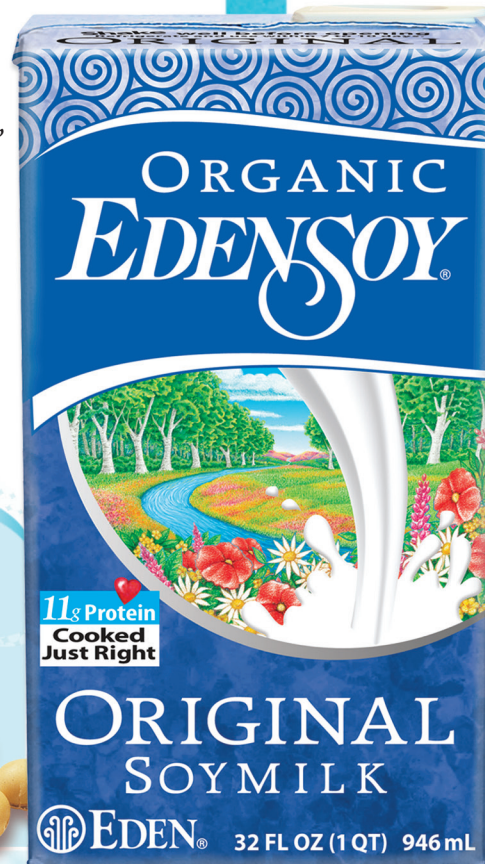
**REAL  
Vanilla**

### Certified Organic Dark Cocoa

Chocolate EDENSOY contains organic, 'fair trade' dark cocoa powder, responsibly produced in the Dominican Republic and finely milled in Holland. Chocolate contains a wealth of antioxidant flavonoids including procyanidins, epicatechins, and catechins. Among all the types of chocolate, dark cocoa powder is the highest in valuable, beneficial phytonutrient antioxidants.

### Carob - St. John's Bread

Carob EDENSOY contains sweet carob seedpod, *Ceratonia siliqua*, an evergreen of the legume family. Carob has a chocolatey flavor with no caffeine or theobromine. We procure the finest from its native Mediterranean clime. For further facts, please visit edenfoods.com/carob



## ECOLOGICAL CARTONS

The Tetra Pak® Co. invented aseptic packaging. It uses the minimum materials and energy. Seventy-three percent of EDENSOY's package is from certified sustainable forests that ensure biological biodiversity and protect endangered species. EDENSOY requires no refrigeration in transport or storage. Refrigeration is unnecessary until the package is opened. Please recycle - for aseptic package recycling centers by city and state visit [www.aseptic.org](http://www.aseptic.org)



## THE FINEST INGREDIENTS

### Pure Clean Whole Soybeans

From the vital soil of U.S.A. family farmers we are honored to know and trust. Cream of the organic crop and multi-tested GMO free.

### Kombu Sea Vegetable

Adds valuable trace minerals, and natural alginic and glutamic acids which enhance flavors in food, especially in beans.

### Organic Unrefined Sweeteners

Traditionally malted whole grain barley/wheat blend, and maple syrup. Cleaner, gentler, and better than refined sugars, such as evaporated cane juice, etc.

### Natural Vegan Fortification

EDENSOY EXTRA is enriched with the purest, most absorbable, bio-available fortification from 100% vegan sources.

- **Beta Carotene** ~ Nutritive precursor to vitamin A. From the sea plant *Dunaliella salina*, a rich natural source.
- **Calcium Carbonate** ~ A vegan form of calcium carbonate that we absorb most readily and best harmonizes with all other EDENSOY ingredients.
- **Vitamin B12** ~ The easiest to assimilate, coveted vegetable source form. Rare and essential to cellular function and production.
- **Vitamin D2** ~ Increases bone absorption of calcium. Extracted from yeast.
- **Vitamin E** ~ An essential antioxidant. Natural preservative of unrefined vegetable oil.



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888.424.EDEN Visit [edenfoods.com](http://edenfoods.com) for over 1000 recipes

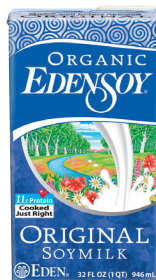
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## SEVEN FLAVORS

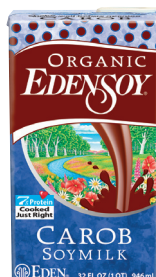
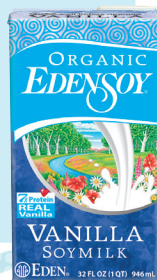


### Original EDENSOY®

America's first soy milk, January 1983.

### Vanilla EDENSOY®

The finest soy milk with pure vanilla extract like no one else. Contains no refined sweetener or artificial flavor.

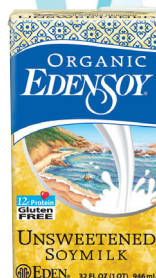
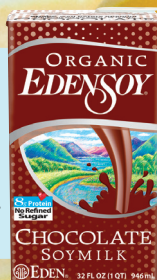


### Carob EDENSOY®

The finest soy milk with real carob.

### Chocolate EDENSOY®

EDEN selected fair-trade dark cocoa, rich in polyphenol antioxidants. Delicious hot or cold.

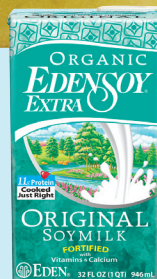


### Unsweetened EDENSOY®

Organic soybeans and pure water. Gluten Free. 12g soy protein, with 5g carbohydrate per serving. Loaded with naturally occurring EFA's and 75mg isoflavones.

### Original EDENSOY EXTRA®

Fortified with vegan quality calcium, vitamin D2, vitamin E, vitamin B12, and beta carotene vitamin A.



### Vanilla EDENSOY EXTRA®

All of the quality fortification of EDENSOY EXTRA with pure vanilla extract, not vanilla flavor.



**Heart Healthy.** Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease.

## MATCHA BREAKFAST BLEND

Serves 1 Prep 5 minutes

- 1 cup Vanilla EDENSOY
- 1 teaspoon EDEN Matcha Green Tea Powder



Blend all ingredients in a blender to dissolve the matcha. Pour into a glass.

Per serving: 123 Calories, 3g Fat (21% calories from fat), 7g Protein, 18g Carbohydrate, 0g Fiber, 0mg Cholesterol, 85mg Sodium

## BANANA NUT MUFFINS

Yields 12 muffins Prep 10 minutes Bakes in 25 minutes

- 2 1/2 cups organic whole wheat pastry flour
- 1 Tablespoon non-aluminum baking powder
- 1/2 teaspoon EDEN Sea Salt
- 2 cups Vanilla EDENSOY, Vanilla EDENSOY EXTRA, Original EDENSOY or Original EDENSOY EXTRA
- 2 Tablespoons EDEN Apple Cider Vinegar
- 2 Tablespoons EDEN Safflower Oil or EDEN Extra Virgin Olive Oil
- 1/3 cup organic maple syrup
- 2 teaspoons pure vanilla extract
- 2 cups ripe bananas, mashed
- 1 cup walnuts, minced
- 1/2 cup organic seedless raisins



Preheat oven to 350°. Oil a muffin tin. In a large bowl, combine the first three ingredients. In a medium bowl, mix EDENSOY, vinegar, oil, maple syrup, and vanilla. Stir liquid ingredients into the dry. Fold in bananas, walnuts and raisins. Fill muffin tins three-quarters full. Bake 30 to 35 minutes, until a toothpick comes out clean.

Per serving: 116 Calories, 4g Fat (29% calories from fat), 2g Protein, 20g Carbohydrate, 1g Fiber, 0mg Cholesterol, 171mg Sodium

## ORANGE VANILLA CREAM FREEZE POPS

Yields 10 pieces Prep 2 hours, 5 minutes

- 1 quart any Vanilla EDENSOY
- 3 cups orange juice
- 3 Tablespoons organic maple syrup
- 2 teaspoons pure vanilla extract
- 10 ice cubes



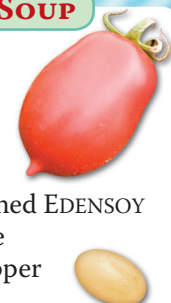
Pulse all ingredients in a blender several seconds until smooth. Pour into freeze pop molds and freeze 2 hours or until frozen solid.

Per serving: 112 Calories, 1g Fat (11% calories from fat), 3g Protein, 21g Carbohydrate, 0g Fiber, 0mg Cholesterol, 38mg Sodium

## CREAMY TOMATO TORTILLA SOUP

Serves 5 Prep 5 minutes Cooks in 10 minutes

- 2 14.5 oz. cans EDEN Diced Tomatoes with Green Chilies, do not drain
- 1 15 oz. can EDEN Navy Beans, do not drain
- 1/2 cup Original EDENSOY or Unsweetened EDENSOY
- 3/4 teaspoon EDEN Sea Salt, or to taste
- 1/8 teaspoon freshly ground black pepper
- 2 Tablespoons fresh parsley, minced, or fresh cilantro
- 2 cups organic tortilla strips, or mini tortilla chips
- 1 avocado, peeled, seeded and cubed



Place tomatoes and beans in a blender, puree until creamy. Pour into a medium saucepan, add EDENSOY, salt and pepper. Turn flame to medium, mixing frequently and bring almost to a boil. Reduce the flame to low and simmer 5 minutes. Place in serving bowls, garnish with parsley or cilantro, tortilla strips and avocado.

Per serving: 183 Calories, 4g Fat (18% calories from fat), 9g Protein, 28g Carbohydrate, 8g Fiber, 0mg Cholesterol, 377mg Sodium

## VEGAN MAYONNAISE

Serves 36 Prep 5 minutes

- 1/2 cup EDEN Extra Virgin Olive Oil
- 1/2 cup EDEN Safflower Oil
- 1/2 cup Unsweetened EDENSOY
- 1/2 teaspoon EDEN Yellow Mustard
- 2 Tablespoons EDEN Apple Cider Vinegar
- 1 1/2 Tablespoons organic maple syrup
- 1 1/4 teaspoons EDEN Sea Salt
- 1/8 teaspoon freshly ground black pepper
- 2 dashes hot sauce



Combine oils in a cup. Place EDENSOY in a blender and turn on blend. Very slowly add the oil, a tablespoon at a time until all the oil has been absorbed and the mixture is thick and creamy. Place in a small bowl and whisk in remaining ingredients. Place in a sealed glass jar and refrigerate. Keeps at least a week refrigerated.

Per serving: 57 Calories, 6g Fat (94% calories from fat), 0g Protein, 1g Carbohydrate, 0g Fiber, 0mg Cholesterol, 67mg Sodium

## KAMUT VEGETABLE SPIRAL CURRY

Serves 6 Prep 20 minutes Cooks in 35 minutes

- 2 Tablespoons EDEN Extra Virgin Olive Oil
- 3 cloves garlic, minced
- 3/4 cup onions, diced
- 1/2 cup button mushrooms, diced
- 2 small organic potatoes, peeled, diced
- 2 1/2 cup cold water
- 1/3 cup celery, diced
- 1 cup carrots, diced
- 3/4 teaspoon EDEN Sea Salt
- 3 Tablespoons organic unbleached white flour
- 2 cups Unsweetened EDENSOY
- 2 teaspoons curry powder
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground cinnamon, or to taste
- 1 cup zucchini, half moons
- 1 pinch cayenne pepper, optional
- 1 12 oz. package EDEN Kamut Vegetable Spirals



Heat oil in a large skillet. Sauté garlic and onion 5 minutes. Add mushrooms and sauté 2 minutes. Add potatoes, water, celery, carrots, and sea salt. Cover, bring to a boil, and simmer 5 minutes. Remove cover. Place the flour in a cup and mix with a little EDENSOY until flour dissolves. Add remaining EDENSOY and mix. Slowly add the flour mixture to skillet, stirring until the sauce thickens. Add all spices, mix, and simmer uncovered 10 minutes.

While the sauce simmers, cook pasta as package directs. When pasta is almost done, add zucchini to the sauce and simmer 1 minute. Drain the pasta and ladle the curry sauce over it.

Per serving: 349 Calories, 9g Fat (3% calories from fat), 14g Protein, 55g Carbohydrate, 9g Fiber, 0mg Cholesterol, 295mg Sodium



- USA Family Farm Organic
- Properly Made to Nurture
- GMO Free Commitment
- Whole Soy Benefit
- Ecological Carton

EDENSOY®

