

Experience the Difference  
**EDENSOY**  
 SOYMILK

- 100% USA family farm organically grown soybean and grain
- Only whole bean soy with all 18 amino acids
- Naturally occurring omega 3, 6, and 9 Essential Fatty Acids (EFAs) and isoflavones
- No refined sugars or soy protein isolates
- No chemical flavor maskers
- Eden Organic © pareve
- Repeatedly tested GEO free
- Quart and single serve sizes
- ♥ 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.



**USA FAMILY FARM ORGANIC**

EDENSOY is thoroughly cooked 100 percent USA family farm organic soybean and grain. We visit each grower, their farm, fields, and families regularly. Their ingenious tending over decades has created rich, vital soil that produces food brimming with energy, great taste, and vastly superior nutrition.

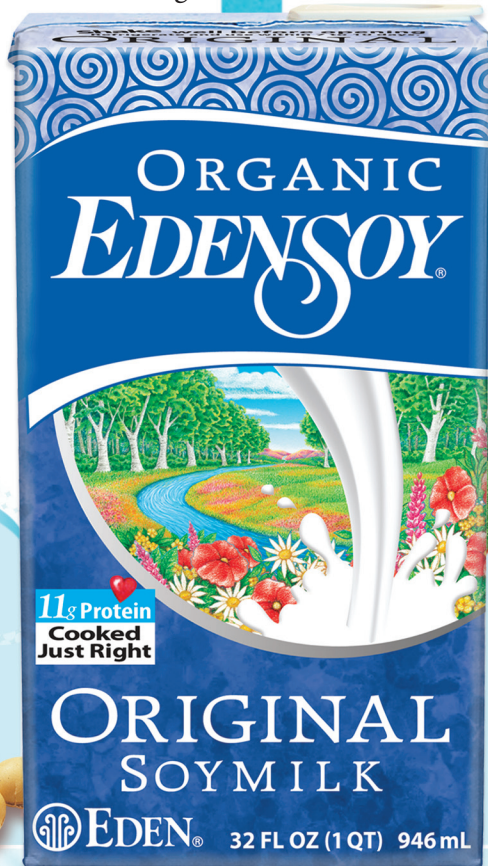
**FINEST USA INGREDIENTS**

EDENSOY pioneered soymilk as a great food in America, but as soy became popular for its benefits, food makers rushed in with 'me too' EDENSOY imitations. Today most soymilk is made of soybeans from China, contains isolated soy protein, refined sugars, undeclared chemical flavor maskers, and other chemicals labeled as natural flavors, etc.

EDENSOY is made with all natural whole foods providing the highest quality soy protein and a whole spectrum of balanced nutrients including calcium, potassium, B vitamins, minerals, trace elements, and abundant phytonutrients.

**PROPERLY MADE TO NURTURE BEST**

Soy protein requires exacting preparation and thorough cooking to transform it into easy to digest, nutritious food. EDENSOY is expertly made at our certified organic Michigan plant utilizing over 240 continuous quality control checks and years of research into how to best choose and prepare soybeans. From the double reverse osmosis purified water, the patented enzyme invalidator, to the Swedish aseptic packaging equipment, every step contributes to greater value and the best possible nourishment from whole organic soy.



**GEO FREE COMMITMENT**

Soybeans today are most commonly genetically engineered. To keep EDENSOY GEO free much work is done including multiple tests of all beans used as seed, in growing, at the elevator, and at the plant. We reject use of pharmaceutical enzymes and know all farms, fields, and suppliers. When the *New York Times* tested eleven soy and corn based foods for GEOs, the only one that tested GEO free was EDENSOY. Choosing EDENSOY is the way to acquire pleasant satisfaction.



**WHOLE SOY BENEFIT**

Soybeans have been important human food for at least 5,000 years. The FDA recognizes the role of soy in reducing cholesterol saying a diet rich in soy protein and low in saturated fat may help reduce the risk of heart disease. Nutritionists agree that food made from whole organic soybeans, as is EDENSOY, best provides the desired benefits. Whole food sources of phytonutrients are always much better than chemically created isolates and imitations.



**ECOLOGICAL ASEPTIC CARTONS**

73% of the EDENSOY package is made from sustainably managed wood. The paperboard comes from EU certified sustainable forests employing forestry practices that ensure harvested trees are replenished, biological biodiversity is preserved, and endangered species are protected. Aseptic cartons are recyclable. A huge benefit is they require no refrigeration in transport or storage, greatly reducing energy consumption. For a list of cities that recycle aseptic cartons visit: [www.recyclecartons.com](http://www.recyclecartons.com).

**PURE ALLURING FLAVOR**

**Pure Vanilla Extract**

Is from *Vanilla planifolia* pods of the orchid tree. They contain more than 250 flavor and aromatic compounds that make vanilla so widely desirable. A laborious and time consuming process extracts them, and they're aged for two years. It tastes magnificent with alluring bouquet. Do not accept fake vanilla in any form. It's 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 made with 100 percent real Pure Vanilla Extract. Visit [edenfoods.com/vanilla](http://edenfoods.com/vanilla) for more details.



**Certified Organic Dark Cocoa**

Chocolate EDENSOY contains organic Dark Cocoa Powder. It is 'fair trade' responsibly produced and paid for in the Dominican Republic and finely milled in Holland. Chocolate contains a wealth of antioxidant flavonoids including procyanidins, epicatechins, and catechins. Among all forms of chocolate, Dark Cocoa Powder is the highest in these beneficial antioxidants.

**Carob - St. John's Bread**

Carob EDENSOY is made of sweet carob seed-pods of *Ceratonia siliqua* an evergreen of the legume family. Famously known as Saint John's bread, the pods have been enjoyed for over 5,000 years. It is valued for its chocolatey flavor without the caffeine. We procure the finest carob from its native Mediterranean clime. Learn more about it at [edenfoods.com/carob](http://edenfoods.com/carob).



**THE FINEST INGREDIENTS**

**Pure Clean Whole Soybeans**

Vital soil grown of USA family farms by those we are honored to trust. Cream of the organic crop and multi-tested GEO free.

**Kombu Sea Vegetable**

Adds trace minerals and natural alginic and glutamic acid that enhances flavor in food, especially in beans.

**Organic Unrefined Sweeteners**

Traditionally malted whole grains, maple syrup, and short grain brown rice amazake. Mellow sweetness without toxic processes of refined sugar (aka evaporated cane juice, etc., etc.).

**Organic Short Grain Brown Rice**

Is the rice of EDENBLEND, organically grown by Lundberg. Koji fermentation transforms it to creamy rich porridge that's naturally sweet.

**Natural Vegan Fortification**

Where EDENSOY is fortified we use the purest, most absorbable, non-animal sources...

- **Beta Carotene** ~ Nutritive precursor to vitamin A. From the sea plant *Dunaliella salina*, a rich natural source.
- **Calcium** ~ 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. Essential to cellular function and production.
- **Vitamin D2** ~ Increases bone absorption of calcium. Derived from yeast.
- **Vitamin E** ~ Another essential antioxidant. Natural preservative of unrefined vegetable oil.



888.424.EDEN [www.edenfoods.com](http://www.edenfoods.com)  
 Eden Foods, Inc. 701 Tecumseh Road Clinton, Michigan 49236



## TEN FLAVORS



**EDENSOY® Original** ♥  
America's first soymilk, January 1983.

**EDENSOY Vanilla** ♥  
The finest soymilk with pure vanilla extract like no one else. Contains no refined sweetener or artificial flavor.

**EDENSOY Carob** ♥  
The finest soymilk with real carob.



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

### EDENSOY LIGHT

Refreshingly crisp with a clean creamy texture. Deeply satisfying and less than one percent fat. Eden selected calcium and vitamin D2 fortification, with organic maple syrup.



**EDENSOY LIGHT Vanilla**  
Less than one percent fat. All the fine quality of EDENSOY Light with delightful pure vanilla extract.



**EDENSOY EXTRA** ♥  
Fortified with quality calcium, vitamin D2, vitamin E, vitamin B12, and beta carotene vitamin A.

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



**EDENBLEND** ♥  
A blend of organic short grain brown rice amazake and our whole soybeans. Versatile and satisfying food delivering Nature's own balanced nourishment: Grain and Beans. Gluten Free.

**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 EDENBLEND  
1 teaspoon EDEN Organic Matcha Powdered Green Tea



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 EDENSOY Vanilla, EDENSOY Extra Vanilla, EDENSOY Original or Extra Original  
2 Tablespoons EDEN Organic Apple Cider Vinegar  
2 Tablespoons EDEN Organic 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 EDENSOY Vanilla  
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 14.5oz cans EDEN Organic Diced Tomatoes with Green Chilies, do not drain  
1 15oz can EDEN Organic Navy Beans, do not drain  
1/2 cup EDENSOY Original or EDENSOY Unsweetened  
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 Organic Safflower Oil  
1/2 cup EDENBLEND  
1/2 teaspoon EDEN Organic Yellow Mustard  
2 Tablespoons EDEN Organic 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 EDENBLEND 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 one 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  
2 2/3 Tablespoons organic unbleached white flour  
2 cups EDENSOY Unsweetened  
1 1/2 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 12oz package EDEN Organic 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 pasta and ladle curry sauce over.

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
- GEO Free Commitment
- Whole Soy Benefit
- Ecological Carton

# EDENSOY

## ORGANIC EDENSOY



11g Protein  
Cooked  
Just Right

ORIGINAL SOY MILK

EDEN 8.45 FL OZ 250mL

