

Proper Ingredients

Pure Whole Soybeans

Real-organic farm grown. Eden Foods' network of organic growers is honored for exceptional organic crops and ensuring Non-GMO.

Kombu Sea Vegetable

Rare trace minerals and phytonutrients vitalize and enhance the taste of food.

Organic Unrefined Sweeteners

Traditionally malted organic whole grain, malt syrup, and maple syrup give EDENSOY a gentle unrefined sweetness.

Vegan Fortification

EDENSOY EXTRA is fortified with the easiest to absorb nutrients from vegan sources.

- **Beta Carotene** ~ Vitamin A precursor from the sea plant *Dunaliella salina*.
- **Calcium Carbonate** ~ Readily absorbed with other EDENSOY ingredients.
- **Vitamin B12** ~ Vegetable sourced, rare yet essential for healthy cellular function.
- **Vitamin D2** ~ Increases bone absorption of calcium, sourced from yeast.
- **Vitamin E** ~ An essential antioxidant vitamin in the tocopherol form.



Pure Vanilla Allure

Meticulously extracted from *Vanilla planifolia* orchid tree and aged two years. Pure vanilla has more than 250 flavor and aromatic compounds. EDENSOY is the only American soymilk using real, pure vanilla extract.

Carob – St. John's Bread

Carob EDENSOY contains sweet carob seedpods *Ceratonia siliqua* an evergreen of the legume family. Carob has a rich chocolatey taste.

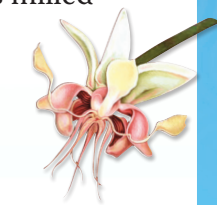
This delicious carob is from its native Mediterranean source.

Organic, Fair Trade Cocoa

Cocoa EDENSOY – organic, fair trade, dark cocoa from the Caribbean is milled in Europe. Cocoa's antioxidant flavonoids, procyanidins, epicatechins, and catechins are richly present.

Dedicated Growers

Dependable and principled are words used to describe our organic soybean growers in southern Michigan. Some of the first soybean growers for EDENSOY beginning in 1983.



Garlic Dulse Mash Potatoes

Serves 8 • Prep 20 min. • Cook Time 20 min.

10 medium organic potatoes peeled
Water for boiling potatoes
1 tsp EDEN Sea Salt, or to taste
3 Tbsp EDEN Extra Virgin Olive Oil
4 cloves garlic, minced
2 cups **UNSWEETENED** or **ORIGINAL EDENSOY**
Fresh ground black pepper, to taste
EDEN Dulse Flakes, to garnish

Put potatoes in a large pot, cover with cold water and add a pinch of sea salt. Cover, bring to a boil and simmer until tender. Drain water from potatoes. Heat oil in a skillet and sauté garlic for 1 to 2 minutes. Add to the potatoes. Place the remaining sea salt and EDENSOY in the pot. Mash or whip with a mixer to desired consistency. Top with EDEN Dulse Flakes.



Caesar Dressing

Serves 4 • Prep 5 min.

½ cup **UNSWEETENED EDENSOY**
3 Tbsp parsley, minced
3 Tbsp EDEN Tahini
1½ Tbsp EDEN Brown Mustard
3 Tbsp fresh lemon juice
1 Tbsp shallots, minced
1 tsp EDEN Shoyu Soy Sauce, optional
2 cloves garlic, minced or pressed
1 tsp organic pure maple syrup
¼ tsp EDEN Sea Salt
⅛ tsp fresh ground black pepper

Place all ingredients in a blender. Pulse several seconds to blend.



Hojicha Chai

Serves 1 • Prep 3 min. • Cook Time 5 min.

½ cup water
½ cup **Vanilla EDENSOY**
1 dash cinnamon
1 dash nutmeg or allspice
1 small dash fine ground black pepper
2 tsp organic maple syrup
1 packet EDEN Hojicha Tea

Put water, EDENSOY, cinnamon, nutmeg, and black pepper in saucepan. Heat on medium heat. Do not boil. When hot, add the maple syrup and tea bag. Turn off heat, steep 3 to 5 minutes. Remove the tea bag and discard.



Carrot Soup

Serves 6 • Prep 10 min. • Cook Time 20 min.

6 cups carrots, sliced
2 cups water or vegetable broth
1 quart **Unsweetered** or **Original EDENSOY**
1 tsp EDEN Sea Salt
2 cups organic potatoes, peeled and cubed
1 Tbsp EDEN Extra Virgin Olive Oil
2 medium onions, chopped
2 cloves garlic, pressed
⅓ cup unsalted cashews
1 Tbsp fresh ginger root, fine grated
1 Tbsp organic maple syrup, optional
¼ tsp cinnamon, ground
2 Tbsp fresh parsley, minced for garnish



Bring carrots, water, 1 cup EDENSOY, sea salt, and potatoes to a boil in a medium soup pot. Simmer medium low until tender. Heat oil in skillet and sauté remaining ingredients until onions are clear. Combine ingredients and puree in two batches in blender or food processor with remaining soymilk. Return purée to soup pot and heat slowly on low. Do not boil. Garnish with parsley.

the
ORIGINAL
SOY MILK



 **EDEN**

Growers We Know and Trust



VANILLA EDENSOY

EASY

Twist open /close cap

Whole food ingredients best provide intended nourishment

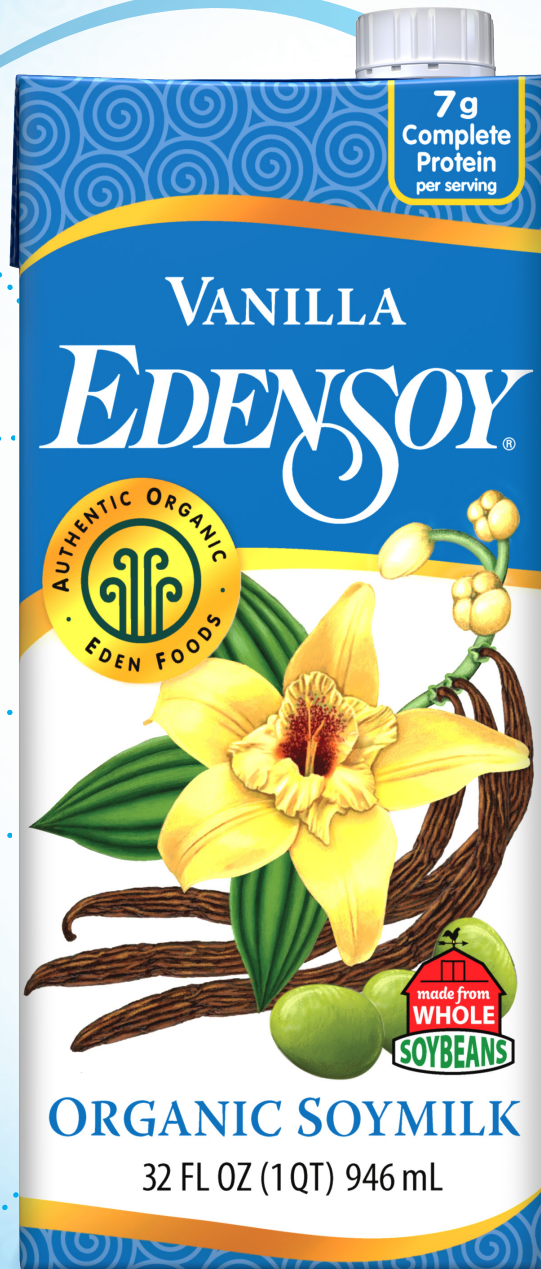
Complete Protein

Delicious taste of pure, natural food

No refined sugar, soy isolate, or flavor maskers chemicals

True organic whole U.S. soy and grain with all 18 essential amino acids

7 KINDS



Organic pure vanilla extract from hand pollinated, Madagascar, Bourbon orchid beans

Vanilla planifolia orchid beans have at least 250 known taste compounds that are extracted in a two year process.

Since July 1983

America's finest & 1st verified Non-GMO soymilk



Ⓚ pareve

Cream of the Organic Crop

U.S. whole soybean and grain, authentically organic soymilk. Eden Foods trusts and verifies the soil, methods, and people who grow the food. Long-term relationships and organic agricultural work creates vital soil that produces food brimming with energy, superior taste and nourishment.

Whole Soy Complete Protein

Soybeans are important food going back millennia. Even the FDA recognizes that soybeans reduce cholesterol, saying a "diet rich in soy protein and low in saturated fat may help reduce the risk of heart disease." Real-organic whole bean food, like EDENSOY, best provides desired nourishment and benefits. Whole food sources of phytonutrients are far better than industrially made isolates and chemical imitations.

EDENSOY – pure natural food protein in a balance of complex carbohydrates, vitamins, minerals, and phytonutrients.

The No Shortcut Dilemma

Soybeans need special preparation to be good food for people. This is only provided by EDENSOY. Over 200 quality control checks ensure consistency. Every step adds to the excellence and value of EDENSOY, starting with EDEN selected organic ingredients, double reverse osmosis purified water, enzyme invalidation, and reliable, efficient Tetra Pak aseptic packages.



Non-GMO Verified

Non-GMO Project verified EDENSOY became America's first non-GMO soymilk in 2008 after a thorough study from seed to carton. When the *New York Times* tested 11 soy and corn based foods, only one tested GMO-free – EDENSOY.

The EDEN brand reliably avoids irradiation, toxic agriculture chemicals, and chemical additives.



Ecological Cartons

EDENSOY package – 70% certified sustainable forest material that ensures biodiversity and protects endangered species. Tetra Pak® aseptic packages reduce energy and material consumption. EDENSOY requires no refrigeration in transportation or storage. Refrigerate after opening.

edenfoods.com



Seven Types

Original EDENSOY®
America's first soymilk - Jan. 1983.

Vanilla EDENSOY
America's only vanilla soymilk using only pure vanilla extract. No refined sugars or untoward additives.

Carob EDENSOY
Made with real carob, St. John's bread.

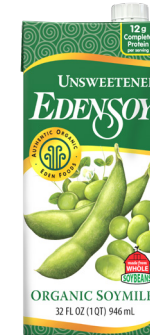
Cocoa EDENSOY
Fair trade dark cocoa rich in polyphenol antioxidants.

Unsweetened EDENSOY

12 grams protein, 4 grams of carbs, 75mg isoflavones, high EFAs, only whole organic soybeans and water. Gluten Free.

Original EDENSOY EXTRA
Calcium added and vitamins D2, E, B12, and beta carotene A. Wonderfully vegan.

Vanilla EDENSOY EXTRA
Vital fortification of EDEN quality food & pure vanilla extract.



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Eden selection and meticulous care ensure reliable purity