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a view to a healthier you

a view to a healthier you

with Marie Oser

Soy

[send this page to a friend](#)**SoyaJoy automatic Soymilk Maker**

Marie Oser shows Lisa Marie Coffey how easy and economical it can be to make soymilk in your own kitchen in just 15 minutes! (5:00)

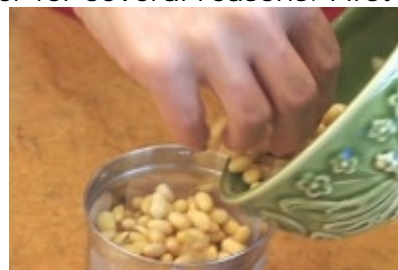


Commercial soymilk can vary pretty dramatically in flavor, texture, and price. The refrigerated varieties are very popular, however they are the most expensive of all. For many of us, especially parents of growing children, the expense of keeping lots of soymilk on hand can be considerable. The new automatic soymilk makers have become really popular among health and budget conscious consumers.



Why? Because making fresh soymilk at home for as little as 50 cents a gallon is pretty hard to beat. And it's delicious and FUN!

The [SoyaJoy Soymilk Maker](#) has become a favorite among many homemade soymilk aficionados. It's sleek design and seamless stainless steel construction are considered superior to other brands. The SoyaJoy uses presoaked soybeans, a process which many prefer for several reasons. First of all, the volume of soymilk produced is greater. This is especially important if you like making homemade tofu. With three quarts of homemade soymilk (two batches) made with presoaked Laura Beans, you can produce almost 19 ounces of fresh, delicious tofu. Many of us who make homemade soymilk regularly believe that the taste of soymilk made with presoaked soybeans is superior.



It just takes a few minutes to set the beans to soak. They can be set aside overnight or you can set them up in the morning, allowing them to soak for six to sixteen hours. The process is effortless. Just fill the canister with water to between the prescribed lines, place the beans in the filter cup, plug in the electric cord and press on. That's all there is to it!



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