



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Nothing Says Summer Like Ice Cream

Summer is officially here and nothing says summer like ice cream, especially homemade ice cream. History will tell us that this favorite cool treat has been around for a very long time.

Before modern refrigeration, having ice cream was an extravagance as it was a labor-intensive process to cut and store the ice needed to make it. Today ice cream is available every day of the year, in an assortment of varieties, textures and types with innumerable flavors to choose from. You can buy it in high-end restaurants, walk to the corner store for a single serving on a stick, or make your own variation at home.

“Traditionally ice cream is high in saturated fat and calories and would be a food to consider more as a special treat rather than something to eat several times a week,” says Gretchen Hofing, dietitian and soyfoods nutrition educator with Michigan State University (MSU) Extension. “With the existence of numerous options for frozen treats, individuals keeping a close watch on what they eat can make some wise choices by looking for varieties that have less added sugar or use a lower fat dairy product than traditional ice cream, or use yogurt or even a dairy alternative like soy,” she adds.

“Whether neighbors, guests or family members are watching their waistlines or having to deal with food allergies or intolerance, being aware of what the offerings are in your area or knowing how to make them yourself can help you be sure that no one gets left out of enjoying this summer favorite,” Hofing notes.

One of those nontraditional offerings of ice cream, especially helpful for those dealing with a dairy allergy, is soy-based. You can find soy-based frozen desserts in the freezer section with other ice creams and frozen yogurt. They’re also easy to make at home and can be a fun process for the whole family to be involved with, just like making homemade ice cream.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean farmers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee, visit www.michigansoybean.org. For information on MSU Extension programs, visit www.msue.msu.edu.

Try this soy-based ice cream for yourself, and find out how tasty and easy it is to make. Look for more soyfoods recipes at www.soyconnection.com.

CHOCOLATE TOFU ICE CREAM

Servings: 8

16-ounce package silken soft tofu

1 cup soymilk (plain or vanilla)

1/2 cup oil

1 cup sugar

1/4 cup cocoa

1 tablespoon vanilla

1/8 teaspoon salt

Blend all the ingredients until smooth and creamy. Use a home ice cream maker to freeze the blended ingredients, following instructions for ice cream.

Nutrition information per cup: 307 calories, 18.7 g fat (2.5 g saturated fat), 8.8 g protein (8.2 g soy protein), 29.5 g carbohydrate, 44 mg sodium, 0 mg cholesterol, 1.8 g dietary fiber.

(Recipe from <http://soyfoods.com/TofuRecipes2002.html>)

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