

Soy milk



For approx. 1.5 l soy milk:

1 cup soy beans
6 cups water
a pinch of salt

Soak the soybeans overnight (10-16 hours).

Wash and rub the soybeans between the hands to remove the shells as much as possible.

Put them in the blender with 3 cups of water.

Blend for about 2 minutes until smooth.

Pour the soybean mixture into the cheesecloth and hold over the pot. Squeeze out as much liquid as you can.

The pulp, okara, can be used in other recipes and must be cooked.

Add 3 more cups of water and a pinch of salt to the soy milk.

Bring to a boil on high heat then cook it on low heat for approx. 15 minutes. Stir occasionally and remove the foam.

Finally you can add different flavors to your taste.

Keep it up to 3 days in the refrigerator.

Mint Lemonade



Mint lemonade

1 l water
freshly squeezed juice from 3 lemons
2-3 tablespoons raw sugar, to taste
10-15 mint leaves
ice cubes (optional)

Mix the water with lemon juice and sugar. Stir until the sugar has dissolved. Add the mint leaves and ice cubes.