



SUSTAINABLE AGRICULTURE RECIPES

Soy Doughnuts

INGREDIENTS:

1 cup soybean flour
1 cup sugar
4 cups wheat flour
3 teaspoons baking powder
1 egg
2 cups soy milk
½ cup edible oil
1 bottle of oil for frying
Salt to taste

PREPARATION:

1. Combine soybean flour, wheat flour, and baking powder together and mix well.
2. Rub the edible oil into the flour mixture.
3. Add beaten egg and mix well.
4. Mix milk, sugar, and salt to taste.
5. Into the flour mixture, pour the milk and sugar solution a small bit at a time, and mix to obtain the desired batter.
6. Heat oil for frying.
7. Make batter into small balls and fry until golden brown.
8. Serve hot or cold with soymilk, koko (cocoa), or as a snack.



SUSTAINABLE AGRICULTURE

RECIPES

Soy Milk

METHOD 1

INGREDIENTS:

1 cup soybeans
6 cups boiling water
6 cups warm water
Sugar and salt to taste
Flavoring

PREPARATION:

1. Clean soybeans by removing stones and dirt. Reject broken beans.
2. Drop soybeans in boiling water and continue to boil for 20 minutes. Do not cover.
3. Drain.
4. Wash, de-coat, and remove hulls from beans.
5. Grind soybeans to a smooth paste.
6. Add warm water.
7. Mix thoroughly with a wooden spoon.
8. Strain mixture through a clean white cloth. Squeeze the folded white cloth to extract milk.
9. Boil the milk for 15-20 minutes. Do not cover.
10. Add sugar, salt, and flavoring to taste.
11. Cool milk in an open container and store in refrigerator.



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Soy Milk

METHOD 2

INGREDIENTS:

1 cup soybeans
3 cups warm water
Sugar and salt to taste
Flavoring

PREPARATION:

1. Clean soybeans by removing stones and dirt. Reject broken beans.
2. Grind soybeans into flour at the local mill or on a grinding stone.
3. Combine raw soy flour with warm water and mix thoroughly with a wooden spoon.
4. Strain paste through a clean white cloth. Squeeze the folded cloth to extract milk.
5. Boil milk for 15-30 minutes. Do not cover.
6. Add sugar, salt, and flavoring to taste.
7. Cool milk in an open container and store milk in the refrigerator.

NOTE:

Soy milk can be kept for 12 hours without a refrigerator. Residue can be kept in a cool place for 24 hours. If the paste is dried it can be kept longer. The paste can be used in soups, sauces, and other foods.



SUSTAINABLE AGRICULTURE RECIPES

Moringa Omelet

INGREDIENTS:

1 bowl Moringa leaves
1 onion
1 clove garlic
1 tomato
2 eggs
Salt

PREPARATION:

1. Chop Moringa leaves, onion, garlic, and tomato into small pieces of similar size.
2. Mix chopped ingredients with eggs and fry for 3 minutes.
3. Your omelet is ready to eat.



SUSTAINABLE AGRICULTURE RECIPES

Moringa Leaf Sauce

INGREDIENTS:

- 2 cups fresh Moringa leaves
- 1 cup water
- ½ cup onions, chopped
- Salt to taste
- 1 Tablespoon butter or oil

PREPARATION:

1. Steam Moringa leaves in water for a few minutes.
2. Add chopped onions, salt, butter/oil, and other seasonings.

NOTE:

This sauce could be varied as desired with the addition of steamed fish, boiled meat, or whatever is available that could be eaten as a complete sauce with any local food, such as rice and plantains, etc.