

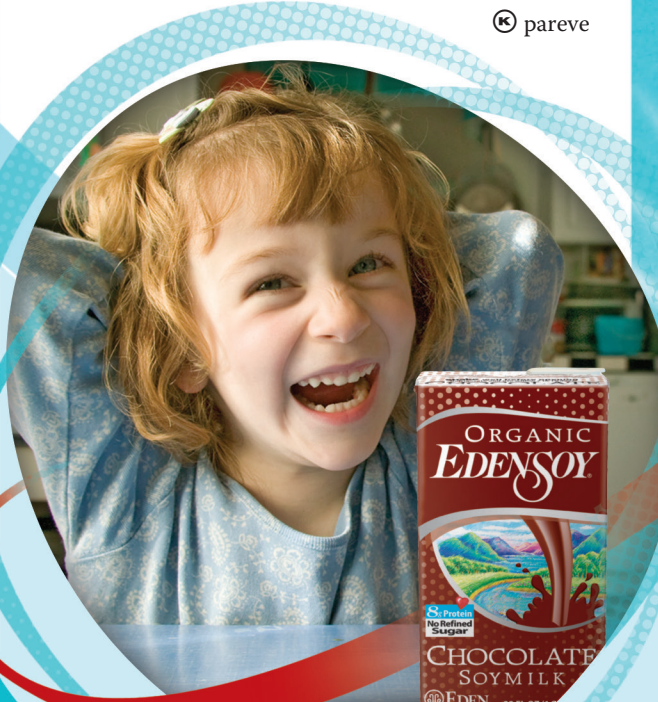
Experience the Difference EDENSOY®

SOY MILK

- 100% U.S.A. family organically grown whole soy and whole grain
- Highest score in Soy Report ~ cornucopia.org/soysurvey
- First Non-GMO Verified Soymilk
- Only whole beans with all 18 amino acids
- Naturally occurring omega 3, 6, and 9 essential fatty acids (EFAs) & isoflavones
- No refined sugar, soy isolate, or additives
- No ubiquitous chemical flavor maskers
- ♥ Heart Healthy*



© pareve



U.S.A. CREAM OF THE CROP

EDENSOY is 100% U.S.A. family, Non-GMO organic soybean and grain. We visit our growers' farms and families regularly. Long-term organic agriculture creates rich, vital soil producing foods brimming with energy, superior taste, and the best, most satisfying nutrition.

PURE & PURIFYING

EDENSOY made soymilk popular in America. As its value became evident, food makers rushed to market with 'me too' EDENSOY imitations. Today almost all soymilks are made of soybeans from China, Brazil, and Argentina because 'so called organic' soybeans from those countries are so much cheaper. Most soymilks contain isolated soy protein, refined sugars, undeclared chemical flavor maskers, and other chemicals labeled as natural flavors, or not declared at all.

EDENSOY is 100% Eden selected pure, whole natural foods providing the highest quality soy protein and an entire range of balanced nutrients including calcium, potassium, B vitamins, minerals, trace elements, and abundant phytonutrients.

NO SHORTCUTS

Soybeans require exacting preparation and thorough cooking to properly prepare them as human sustenance. EDENSOY provides this value based upon thorough research into how to best prepare soybeans and 240 continuous quality control checks. From double reverse osmosis purified water, a patented enzyme invalidator, to Swedish aseptic packaging equipment, every step taken contributes to its greater value and the best nourishment possible from whole soy.

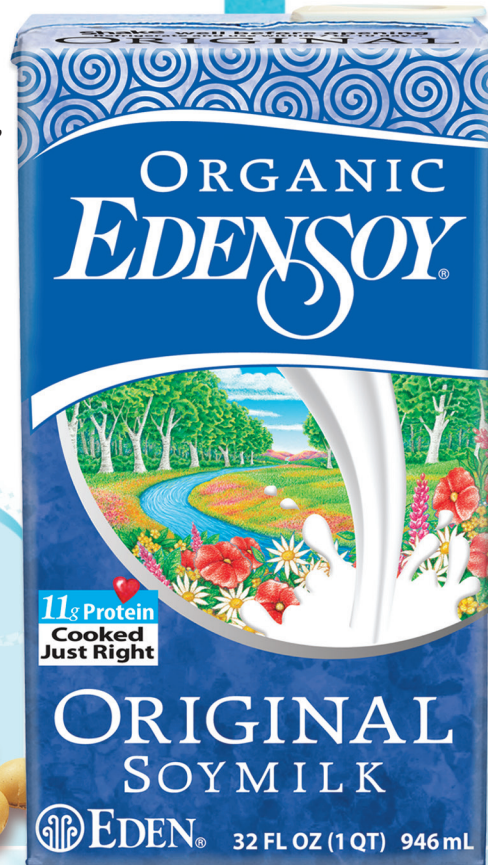
NON-GMO VERIFIED

A great deal of work and expense is necessary to keep EDENSOY GMO free. This includes rigorous testing of seed, growing plants, and harvested beans at the farm, the elevator, and at the manufacturing plant. We avoid using pharmaceutical enzymes and know all farms, fields, farmers, and suppliers. When the *New York Times* tested eleven soy and corn based foods, only one tested GMO free - EDENSOY.



WHOLE SOY NOURISHMENT

Soybeans have been important human food for at least 5,000 years. Science recently confirmed soy as healthy food. In 1999 FDA recognized the role of soybeans in reducing cholesterol, saying a diet rich in soy protein and low in saturated fat may help reduce the risk of heart disease. It is certain that whole organic foods, such as EDENSOY, best provide the sought after benefits. Whole food sources of phytonutrients are much, much better than industrial soy protein isolates and chemical imitations.



ECOLOGICAL CARTONS

The Tetra Pak® Co. invented aseptic packaging. It uses minimal materials and energy. Seventy-three percent of EDENSOY's package is from certified sustainable forests to ensure biological biodiversity and protect endangered species. EDENSOY requires no refrigeration in transport or storage, no refrigeration until the package is opened. To locate aseptic package recycling centers by city and state, please visit www.recyclecartons.com

PURE ALLURING FLAVOR

100% Pure Vanilla Extract

... is from *Vanilla planifolia* beans of the orchid tree. It contains more than 250 flavor and aromatic compounds. Chemical vanillas do not. A laborious process extracts the beans and the extract is aged for two years. It has a lovely bouquet and clean fresh taste, sweet and amorous. Fake vanilla flavor does not. Fake is disguised on packages as natural vanilla flavor, natural vanilla with other natural flavors, organic natural vanilla flavor, or vanillin. EDENSOY is the only soymilk in America with only 100% real pure vanilla extract. For more details please visit edenfoods.com/vanilla



Certified Organic Dark Cocoa

The chocolate in EDENSOY is organic 'fair trade' dark cocoa powder, responsibly produced in the Dominican Republic and finely milled in Holland. Cocoa contains a wealth of antioxidant flavonoids including procyanidins, epicatechins, and catechins. Of all types of cocoa, dark cocoa powder is the highest in valuable, beneficial, phytonutrient antioxidants.

Carob - St. John's Bread

Carob EDENSOY contains sweet carob seedpod *Ceratonia siliqua*, an evergreen of the legume family. Carob has a chocolatey flavor with no caffeine or theobromine. We procure the finest from its native Mediterranean clime. For further facts, please visit edenfoods.com/carob



THE FINEST INGREDIENTS

Pure Whole Soybeans

... from vital soil of U.S.A. family farmers we know and trust, these beans are the cream of the organic crop and multi-tested to be Non-GMO.

Kombu Sea Vegetable

Adds valuable trace minerals and natural alginic and glutamic acids which enhance flavors in food, especially in beans.

Organic Unrefined Sweeteners

Traditionally malted whole grain barley/wheat blend, and maple syrup. Cleaner, gentler, and better nourishment than refined sugars, such as evaporated cane juice, etc.

Eden Vegan Fortification

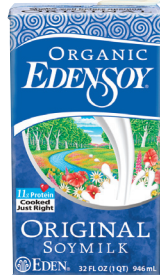
EDENSOY EXTRA is enriched with the purest, most absorbable, bio-available fortification from 100% vegan sources.

- **Beta Carotene** ~ The nutritive precursor to vitamin A from the sea plant *Dunaliella salina*, a rich and better source.
- **Calcium Carbonate** ~ A vegan form of calcium carbonate that is most readily absorbed and best harmonizes with the other EDENSOY ingredients.
- **Vitamin B12** ~ The easiest to assimilate, most coveted, vegetable sourced form. It is rare, yet essential to proper cellular function.
- **Vitamin D2** ~ Increases bone absorption of calcium. We use a yeast extracted source.
- **Vitamin E** ~ A potent, desirable antioxidant. It is common in unrefined vegetable oils.



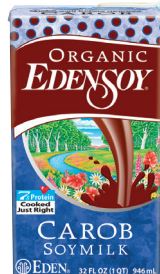
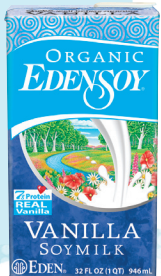
Eden Foods 701 Tecumseh Road Clinton, Michigan 49236
888.424.3336 Visit edenfoods.com for over 1,100 recipes

SEVEN FLAVORS



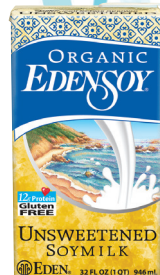
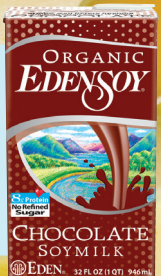
Original EDENSOY® ♥
America's first and finest
soymilk, January 1983.

Vanilla EDENSOY ♥
With only pure vanilla
extract like no one else.
Contains no refined
sweetener or artificial
natural / organic flavor.



Carob EDENSOY ♥
The finest soymilk
with real carob.

Chocolate EDENSOY ♥
Eden selected fair-trade
dark cocoa, rich in
polyphenol antioxidants.
Delicious hot or cold.

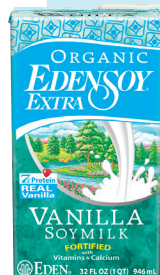


Unsweetened EDENSOY ♥
Organic soybeans and pure water.
Gluten Free. 12g soy protein and
5g carbohydrate per serving.
Loaded with naturally occurring
EFAs and 75 mg isoflavones.

Original EDENSOY EXTRA ♥
Fortified with vegan
quality calcium, vitamin
D2, vitamin E, vitamin
B12, and beta carotene
vitamin A.



Vanilla EDENSOY EXTRA ♥
All of the quality fortification of
EDENSOY EXTRA with pure vanilla
extract - not vanilla flavor.



OVERNIGHT OATS

Serves 4 Ready in 8 hours

2 cups organic EDEN Oat Flakes
2 cups Vanilla EDENSOY, or Vanilla EDENSOY Extra
2 Tbsp EDEN Dried Montmorency Cherries
or organic EDEN Dried Wild Blueberries,
or organic EDEN Dried Cranberries
2 tsp grated orange peel
1 tsp ground cinnamon
1/8 tsp EDEN Sea Salt
3 cups berries or seasonal fruit



In a large bowl or storage container
mix together all ingredients except fresh fruit.
Cover and refrigerate 8 hours or overnight. Stir in
fresh fruit. Garnish with dry roasted chopped nuts,
if desired.

Per serving 319 Calories, 6g Fat (15% calories from fat), 12g Protein,
59g Carbohydrate, 10g Fiber, 0mg Cholesterol, 104mg Sodium

CAROB BERRY SMOOTHIE

Serves 2 Prep 5 minutes

2 cups Carob EDENSOY, or Chocolate EDENSOY
1 cup frozen organic strawberries
1 cup frozen organic blueberries
1 Tbsp organic maple syrup

Place all ingredients in a blender, pulse several
seconds until the fruit is crushed and the smoothie
is thick and creamy. Pour into two tall glasses.

Note: Fresh strawberries and blueberries can be
used in place of frozen. If using fresh fruit, add 2
cups (about 10) ice cubes to the recipe, and blend
per directions.

Per serving 335 Calories, 5g Fat (12% calories from fat), 8g Protein,
71g Carbohydrate, 5g Fiber, 0mg Cholesterol, 98mg Sodium

ORANGE VANILLA CREAM FREEZE POPS

Yields 10 pieces Ready in 2 hours

1 quart Vanilla EDENSOY
3 cups orange juice
3 Tablespoons real maple syrup
2 teaspoons pure vanilla extract
10 ice cubes

Pulse all ingredients in a blender several
seconds until smooth. Pour into freeze pop
molds and freeze 2 hours or until frozen solid.

Per serving 112 Calories, 1g Fat (11% calories from fat), 3g Protein,
21g Carbohydrate, 0g Fiber, 0mg Cholesterol, 38mg Sodium



SOY BUTTERMILK

Serves 1 Prep 12 minutes

1 cup Original EDENSOY, Original EDENSOY Extra,
or Unsweetened EDENSOY
1 Tbsp organic EDEN Brown Rice Vinegar
or organic EDEN Apple Cider Vinegar
1 tsp EDEN Extra Virgin Olive Oil

Place all ingredients in a measuring cup and allow
it to set for about 10 minutes until it thickens. Use
as you would dairy buttermilk in baking.

Per serving 132 Calories, 5g Fat (33% calories from fat), 10g Protein,
13g Carbohydrate, 0g Fiber, 0mg Cholesterol, 105mg Sodium

WILD RICE MUSHROOM BISQUE

Serves 6 Prep 10 minutes Cooks in 40 minutes

6 cups water or soup stock
2/3 cup EDEN Wild Rice, washed,
rinsed, drained
1 Tbsp EDEN Extra Virgin Olive Oil
1 cup minced shallots or onions
1 cup baby portabella mushrooms, thinly sliced
1/2 cup button mushrooms, thinly sliced
2 tsp fresh thyme leaves
1/2 tsp freshly ground black pepper, or to taste
2 Tbsp organic maple syrup
1 tsp EDEN Sea Salt, or to taste
1/4 cup organic unbleached white flour
2 cups Unsweetened EDENSOY
1/4 cup finely chopped fresh chives, for garnish



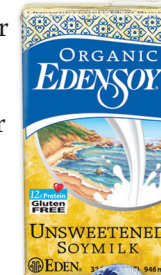
Place the water, wild rice, and olive oil in a
medium pot. Cover and bring to a boil. Reduce
the flame to medium-low and simmer about 25
minutes. Add the shallots or onions, mushrooms,
and thyme. Cover and simmer another 10 minutes
or until the rice is tender. Reduce the flame to low.
Place the pepper, syrup, salt, flour, and EDENSOY in
a small mixing bowl and whisk until the flour is
dissolved. Add the whisked mixture to the soup
and stir frequently just until the
soup thickens, about 5 minutes.
Do not boil. Adjust the salt
and pepper seasoning, if
desired. Remove and serve
garnished with chives.

Per serving 187 Calories, 5g Fat
(22% calories from fat), 8g Protein,
30g Carbohydrate, 3g Fiber, 0mg
Cholesterol, 331mg Sodium

BLUEBERRY PANCAKES

Serves 4 Prep 15 minutes Cooks in 20 minutes

1 cup organic whole wheat pastry flour
1 cup organic brown rice flour
1/4 tsp EDEN Sea Salt
2 1/2 tsp non-aluminum baking powder
1 cup Unsweetened EDENSOY,
or Original EDENSOY
1 Tbsp organic EDEN Apple Cider
Vinegar, or organic EDEN Brown
Rice Vinegar
3/4 cup water
2 tsp EDEN Extra Virgin Olive Oil,
for the pancake batter
1 1/2 cups blueberries, fresh or frozen
Organic EDEN Safflower Oil
or organic EDEN Sesame Oil for frying pancakes



Mix all dry ingredients together. Combine the
EDENSOY, vinegar, and olive oil. Allow to set for 10
minutes as it turns into soy buttermilk. Combine
the water with the soy buttermilk. Whisk the wet
ingredients in with the dry. Fold in the blueberries.

Oil a pancake griddle or cast iron skillet and heat
up. Ladle 1/3 to 1/2 cup batter for each pancake on
the griddle. Fry until golden and the top starts to
form bubbles. Flip over and fry until golden.
Remove and place on a serving plate.
Repeat until all the batter is used.

Serve with pure maple syrup, EDEN Apple, Grape,
and Cherry Butter, or any EDEN Applesauce.

Per serving 215 Calories, 5g Fat (20% calories from fat), 6g Protein,
39g Carbohydrate, 3g Fiber, 0mg Cholesterol, 399mg Sodium

EDENSOY



Pure and Purifying™



- U.S.A. Family Farm Organic
- Properly Made to Nurture
- Non-GMO Commitment
- Whole Soy Benefits
- Ecological Carton

