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Soy Flour

What is it?

[Soy flour](#) is a high-protein ingredient made from roasted soybeans that have been ground into a fine powder with minimum 50% protein. It's a versatile ingredient that can be used in a variety of food products, from baked goods to meat substitutes. Its high protein content and mild flavor make it a popular choice for enhancing the nutritional profile of various foods. Soy flour is rich in high-quality plant protein, dietary fiber, vitamins and minerals such as B-vitamins, iron, and phosphorus, and isoflavones which are compounds that may have various health benefits.

Textured soy flour, also known as textured vegetable protein, is a processed product made from defatted soy flour. The process involves heating the soy flour under pressure, causing it to expand and take on a texture similar to that of ground meat. This unique texture, combined with its high protein content, makes textured soy flour an excellent meat substitute in a variety of dishes. Textured soy flour is high in quality plant protein, low in fat and contains no cholesterol.

Looking for options with higher protein concentration? Blendtek also carries a range of soy proteins.

Where is it used?

Soy flour is commonly used in:

Baking: to improve the texture of baked goods and increase their protein content.

Meat products: used as a filler or binder in products like sausages and burgers.

Alternative dairy products: used to make soy milk and other dairy alternatives.

Bars: to improve nutritional profile with protein

Snacks, soups and sauces: to improve the nutritional profile and texture as well as improve dispersion and emulsification

Textured soy flour has its own set of applications:

Meat substitutes: due to its texture, it's often used in vegetarian and vegan products as a meat substitute.

Meat products: a cost-effective way to maintain product quality despite volatile animal protein costs

Prepared foods: It can be added to foods to increase their protein content or reduce cost by replacing meat

Variations and Selection Criteria

Soy flour can be defatted or full fat, enzymatically treated or heat treated. They can be lecithinated to improve solubility and dispersion. Soy flour is available in different particle sizes and textured soy flour is available in different shapes and sizes such as minced or flaked. Textured products can also be coloured with caramel colour to look more like beef. Products are available in conventional, non-GMO and organic versions.

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Soy flour and textured vegetable protein are versatile ingredients that improve the nutritional profile, enhance the flavour and sensory experience of many different food products in bakery, meat, plant based foods and prepared foods. As consumers become more health-conscious and environmentally aware, the demand for sustainable, plant-based protein sources is likely to increase. Contact Blendtek to help determine the best option for your needs.

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