



Flake and bake

Soy flakes can add protein and reduce carbohydrates in a variety of foods.

Here's a happy accident: Organic Soy "flakes" originally developed to create a faster and more efficient way of making soymilk are proving suitable for a variety of applications, including potatoes, soups and sauces.

The flakes are manufactured by a method of flaking that preserves the natural soybean without use of solvents or additives, according to supplier MicroSoy Corporation, Jefferson, Iowa. MicroSoy Flakes are available in both toasted and untoasted forms, depending on the application. Rather than tasting like soy, the toasted flakes have a smooth, sweet-nutty flavor.

Because of their size, shape and density, the flakes blend well with similarly configured products, such as oat, wheat and potato flakes. Moreover, application tests show that adding the flakes to instant potatoes reduces carbohydrates and increases protein content while preserving the potato flavor.

A 26 percent reduction in carbohydrates (37 percent in net carbohydrates) and 3.5-gram increase in soy protein can be achieved by substituting 40 percent of potato flakes with MicroSoy flakes. Similarly, a 60 percent reduction in carbohydrates (51 percent in net carbohydrate) can be achieved by substituting 60 percent of potato flakes.

The fast rehydration properties of MicroSoy flakes allow for easy use of the product as a soup, sauce or cream cheese ingredient.

Meanwhile, MicroSoy is finding new uses for the flakes in soymilk production. In a joint study with Iowa State University, MicroSoy found that the flakes could be used to produce low-fat soymilk.

Other uses for the flakes include processed meats, pancakes, reduced-carb hot oatmeal cereal, cereal bars, salad toppings, hummus, cheesecake, pie crust, bakery, soup, sauces, and fried rice applications.

SOY PROTEIN ADDITION

Percent total carbohydrate and percent net carbohydrate reduction in 40 percent and 60 percent flakes substitutions in Super Spuds.

% MicroSoy Substitution	% Total Carbohydrate Reduction	% Net Carbohydrate Reduction	Soy Protein Addition (g)
40%	26%	37%	3.5 g
60%	40%	51%	5.5 g