



The Kid  
Nutritionist™

## How to make Soya beans Powder for infants

Here is a simple recipe for processing soya beans powder at home that ensures your child gets the full benefits of the legume.

**Soaking** Soak raw soyabeans in clean water for 3-4 days; where water is changed every 48hours. This process is known as fermentation which helps introduce probiotics into the legume, as well as increases the legume's nutritional value.

**Drying** Sieve the soybeans then air-dry till all moisture is gone.

**Frying or Roasting** Fry without oil or Roast the soyabeans on medium heat till cooked through. The soybeans would release their own oil to prevent the legume from burning.

**Milling** Once completely cooled, mill the soyabeans into powder and stored in an airtight container.

Soybeans powder can be added directly to meals when processed this way or used to make soya milk for any infant 6 months and above.

This method of processing soyabeans powder ensures easier digestion and reduces the fear of any child eating raw or undercooked soybeans.