



soymilk savvy



By now most people are aware of the many nutritional benefits of drinking soymilk. But who knew something so naturally nutritious could also be so delicious? The fact is, more and more people are drinking **Kikkoman Pearl® Soymilk** because it tastes good, not simply because they're lactose intolerant or watching their cholesterol (although of course, it's perfect for both those reasons). And, with the tempting selection of six flavors available from Kikkoman Pearl® Soymilk, you might even get kids and teens to consider it as an alternative to sugary carbonated beverages.

As a modern version of soymilk in a variety of luscious flavors packaged in easy-to-store aseptic cartons, Kikkoman Pearl® Soymilk has impeccable soy credentials. After all, it was created by Kikkoman, the company that has been transforming soybeans into legendary food products for more than three centuries.

In case you're not familiar with the term, an "aseptic" carton is a sterile, airtight package that keeps food products fresh without refrigeration. These days, aseptic cartons are also widely used for high-quality soups and sauces and you'll see them on supermarket shelves all over the world. Unopened cartons don't have to be refrigerated during storage, but once opened they do need refrigeration. Kikkoman Pearl® Soymilk will stay fresh and flavorful for 7 to 10 days after it's opened.

What is this wonder drink?

Soymilk is simply the natural liquid extracted from carefully selected soybeans. In fact, it's been around for centuries, made at home and enjoyed as a beverage, and for cooking in countless Japanese and Chinese households.

Kikkoman makes soybeans into soymilk by extracting liquid from organic soybeans that have been boiled and crushed – sort of like pressing grapes or olives. The soybeans provide a pure, clean liquid. To this liquid, we add a few ingredients, such as organic cane juice and natural flavorings as well as vitamins. In keeping with its organic and all-natural profile, there's nothing in Pearl® Soymilk that you can't pronounce!

You can probably tell just by the name: Kikkoman Pearl® Soymilk is incredibly good for you! It's a good source of protein that's also cholesterol- and lactose-free. One 8-ounce glass of the Original Pearl® gives you as much calcium, nearly the same amount of protein (7 grams) and more vitamins A and D than whole milk (this is a percentage of the RDA based on a 2,000 calorie diet).

According to the FDA, diets that are low in saturated fats and include 25 grams of soy protein a day may reduce the risk of heart disease. (FDA Consumer Soy Health by John Henkel)

great cooks share 50 great tips



Although Asian chefs have known it for centuries, we're always learning more about how the deep, rich flavors of naturally brewed soy sauce combine to make it so much more than a simple condiment. In fact, it's made up of more than 285 natural flavor and aroma components, all of which can work magic on your favorite dishes, from sautéed mushrooms to minestrone. Talk about versatility!

Now, we've collected 50 of the best **Kikkoman Soy Sauce** tips from Kikkoman Kitchens, professional chefs and home cooks around the country and assembled them in a free downloadable brochure. It's fun to have these great tips at your fingertips for everyday, and to share them with friends and family. Who knows? You might come up with some more of your own.

Remember, it's important to use only naturally brewed soy sauce. Non-brewed soy sauce is something completely different. Because it's produced through a chemical process, it's harsh-tasting and acrid-smelling and definitely won't provide the nuances of flavor you need to add the perfect finishing touch to a dish.

Click here for your free downloadable copy of **Kikkoman 50 Tips brochure**



New Pearl® Soymilk Coffee Flavor



It's so hot, it's cool! We're talking about nutritious, delicious Kikkoman Pearl® Soymilk, now made with real, brewed organic coffee. If you're a coffee lover, this just may be the combination you've been waiting for. Imagine, a special blend of natural coffee flavoring combined in perfect balance with creamy Pearl® Soymilk. It's luscious chilled, and it's luscious hot.

heart disease (*USA Consumer Soy Health by John Henkel, May-June 2000*). When you consider that Kikkoman Pearl® Soymilk is made with whole organic soybeans and organic flavors and ingredients, it's clear — this is an excellent beverage for an active, healthy lifestyle.

flavor delights

In addition to our Original and Unsweetened versions, Pearl® offers Chocolate, Creamy Vanilla, Green Tea and new Coffee Flavor. Enjoy them all as beverages on their own, in smoothies, and in cooking! Check out our collection of favorite soymilk recipes at <http://www.pearlsoymilk.com/page/recipes/>

Chocolate

We've enhanced the smooth creaminess of Pearl® Soymilk with two organic Dutch cocoas to create a chocolate soymilk with deep, rich flavor that's not too sweet. Delicious cold, you can also heat it up for a steaming cup of cocoa. Marshmallows optional!

Creamy Vanilla

Who doesn't love vanilla? Chill and sip this organic vanilla-flavored soymilk for a refreshing afternoon snack, blend it into a smoothie with a frozen banana and a dollop of yogurt, or enjoy it in all kinds of recipes.

Green Tea

This innovative blend of the exotic and the sweet puts two "good for you" powerhouses together. It combines the finest organic Japanese green tea, a super source of antioxidants, with Pearl® Organic Soymilk. Talk about a slam-dunk for a nutritious snack!

Original

With its refreshing clean taste and silky texture, this is your everyday soymilk. Keep plenty on hand for cereal, coffee and as the perfect replacement for higher-fat milk.

Unsweetened

Plain and simple, it satisfies without sugar. Unsweetened Pearl® Soymilk has just 90 calories per 8 ounce glass, but as much calcium, and more iron and vitamins A & D than whole milk.

Coffee

Check out the Product Feature section of this newsletter for more on our newest flavor!



Kikkoman Pearl® Soymilk Recipe Contest!

In February, make sure to visit Kikkoman's Home Cook's site to enter your favorite spring dessert featuring Kikkoman Pearl® Soymilk. With Valentine's Day just around the corner, if you've never baked with soymilk, now's the perfect time to try out a new dessert recipe.

Keep in mind, Pearl® provides a great alternative to traditional dairy products and can act as a dairy substitute in many recipes. Each recipe must contain at least ½ cup of Kikkoman Pearl® Soymilk (the flavor choice is up to you) and the recipe takes 30 minutes or less to make. Choose from Chocolate, Creamy Vanilla, Unsweetened, Green Tea, Coffee or Original. Sweet indulgence never tasted so good!

Of course, Pearl® Coffee Soymilk gives you all the health benefits of our full line of soymilk flavors. It's made with preservative-free organic soybeans, organic cane juice as a natural sweetener, and fortified with calcium and vitamins A and D. One 8-ounce glass gives you 6 grams of protein. And, like all Pearl® Soymilk flavors, it's low in saturated fat, cholesterol-free and lactose-free. Enjoy it straight from the carton, or pump up the coffee-flavored goodness with one of these quick ideas:

- ❖ Whir it up: blend a cup each of Pearl® Coffee Organic Soymilk and non-fat plain or coffee yogurt with a ripe banana for an afternoon pick-me-up.
- ❖ Warm it up and "froth" it in a blender for a foamy cup of yum. This is especially satisfying if you're trying to watch calories.
- ❖ Substitute it for regular milk in your favorite rice pudding, bran muffin, or white or chocolate cupcake recipe.
- ❖ Stir it into hot oatmeal or creamed wheat cereal.
- ❖ Make it a mocha – pour some coffee soymilk into your favorite hot cocoa.
- ❖ And, if you're really a java fan, try heating some Pearl® Coffee Soymilk and adding it to your favorite coffee for an out-of-this world coffee experience!



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