

Soy Halva

1 cup (144g) whole wheat flour, lightly roasted

1 cup (132g) defatted soy flour, lightly roasted

2 cups (500ml) water

½ cup (120g) sugar

¼ cup (30ml) soybean oil

Cardamom, nuts, cinnamon, raisins – to taste (optional)

In a medium non-stick pot, add the pre-roasted flours.

Gradually add about $\frac{3}{4}$ of the water, smoothing out lumps with a slotted spoon. When a thick paste is formed, place on low heat and mix in the rest of the water.

Mix in the sugar. Cook 3-5 minutes, stirring constantly.

When mixture is bubbling, gradually add and stir in the soybean oil. If desired, add raisins, nuts, cardamom and/or cinnamon.

Makes 6 portions

Nutrition Facts per Serving: 230 Kcal, 10 g Fat, 33 g Carbohydrate, 7 g Protein, 3 g fiber, 0 mg Cholesterol, 5 mg Sodium

Nutrition Facts per serving when made with all wheat flour: 240 Kcal, 10 g Fat, 37 g Carbohydrate, 3 g Protein, 3 g Fiber, 0 mg Cholesterol, 0 mg Sodium