



Agriculture and Food Authority

Shows and Exhibitions Innovations

Soy Bean Yoghurt

Innovation 1

Introduction

Soy Bean

Soy bean is the world's most important legume in terms of production and trade due to its high content of protein and oil. The wonder bean has double the amount of protein found in beef. It has protein of high biological value with all the essential amino acids. This means the protein is naturally used effectively by the body. Soy bean products are also rich in essential amino acids, vitamins and minerals.

Soy Bean Farming in Kenya

The crop grows well in Western, Central, Eastern & Parts of Rift valley where there is temperate weather and well drained loam soils.

It is usually planted twice a year and the crop thrives even when there is little or no rain. It takes an average of three months to mature and is not labour intensive compared to other crops.



Soy Yoghurt Preparation

1. The soy beans are soaked in water for 10 - 16 hours.
2. The softened beans are then heated to remove the husks.
3. The beans are then crushed to extract Soy milk.
4. The milky extract is then cooled and fermented to form yoghurt.
5. The yoghurt is then packed in 250 ml and 500ml bottles for sale under the brand name ***Njagu Farmers Yoghurt.***

Contacts

Njagu Farmers Group,
P.O Box 659 Gatundu,
Gatundu South Constituency,
Kiambu County
Tel: 0735 330 647

Economic Importance

Value to the producer

1kg of Soy bean retails at kshs. 70 per kg from the local market.

After value addition

1 kg of soy bean produces 5-6 litres of Soy

Yoghurt

0.250 litres retails at Kshs. 70

1 litre retails at kshs. Kshs. 280

5 litres will therefore be 1,400

Soy bean value addition is economically viable as compared to soy bean farming only.

Value to the Consumer

Nutritional Benefits

1. Soy milk is a nutritive, excellent source of proteins of high biological value, isoflavones and B-vitamins.
2. Non Cholesterol.
3. Soy milk is a good alternative for lactose intolerant people as well as individuals who are allergic dairy milk protein.
4. Strengthen Blood vessels.
5. Promote Weight loss.



AFA Potential Areas of collaboration

1. **Capacity Building:** Collaborate with the Kiambu County government for the training of more farmers in a bid to increase the production and productivity of Soy Bean.
2. **Market linkages:** Partner with the Njagu Farmers group in a bid to market their value added produce internationally in addition to the local market.
3. **Value addition:** Promote and advise on value addition technologies.