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## Standard Laboratory Operating Procedure #1100 Soy Milk

**Laboratory:** Biotechnology  
**SLOP prepared by:** R. Sanders

**Location:** Food Science Lab  
**Last Revision:** 7 June 2015

**General:** One of the primary benefits of drinking soymilk is that it is lactose free. Many people cannot digest lactose resulting in gastrointestinal problems.

**Safety:** Safety glasses

**Materials:** 50 g dried soybeans for each lab station  
Hot Plate  
600 mL Pyrex Beaker  
Cheesecloth  
Sugar  
Handblender

### Procedure:

1. Weigh out 50 g of dried soybeans per lab station. Rinse the soybeans, then cover with water and allow soybeans to soak overnight.
2. Rinse hydrated soybeans and place in 600 mL beaker.
3. Add 200 mL of boiling water to the beaker of hydrated soybeans and mix with a handblender until thick paste forms, about 3 to 4 minutes.
4. Add an additional 200 mL of boiling water to the soybean paste to create a solution.
5. Using a hot plate, heat soybean solution over medium high heat until simmering. Make sure to stir continuously to prevent from scorching.
6. Reduce heat and simmer 15 to 20 minutes.
7. Filter bean mixture through layered cheesecloth for 5 to 10 minutes. Yield should be about 150 mL of soymilk.
8. Optional: add 10 to 20 grams of sugar to taste.
9. Refrigerate immediately, keeps up to 3 days.