



## **Food Review: Zen Soy Products – Soy on the Go August 2, 2009**

I will admit it when I say that some health food scares me. Soy is one of those products. Dominick always tells me that soy really is a great product because it manages to take on the flavor of the drink or dish that it goes in. I can understand that and I agree I think it's pretty cool that it does that. Still, until the day that ZenSoy arrived at my door I don't think I had ever attempted to try Soy.

When it arrived I was with my four year old nephew, Lil B. He is becoming quite the reviewer these days, as he often helps us with reviews for toys over on [Li Kids](#). Of course, when a food item comes in the house he is always more than willing to try it out for us as he is one heck of an eater. When he heard that we had different milks that had arrived along with some pudding he was willing to sit down and give some of them a try.

With Lil B, and the rest of us, some of these products were a hit and others were a miss. He tried the Chocolate milk and didn't like it. Come to find out he doesn't like chocolate milk (he insisted that he does, but his father disagrees), so this is no slight against ZenSoy. I also tried the chocolate milk (Lil B graciously gave me his leftovers) and I found that it tasted way more amazing than I was expecting it to taste. It was then I realized that if all of the ZenSoy products taste this good that this review would be a piece of cake.

When Lil B put down the chocolate milk he decided he wanted to try one of the Vanilla Soy on the Go milks. I asked him if he was sure and he said that he was. Well that was strike two. I know he loves vanilla things, but this didn't do anything for him. Other than a "yucky" and a funny face, he was ready to move on to the next product.

I gave the Vanilla milk a try, thinking that maybe it was just him...again...but this time I have to agree. It's not that the vanilla was bad. It just tasted a little more tasteless and similar to a watered down vanilla or a skim milk. Either way, I took an obligatory review drink, but it didn't take long for me to see that I wasn't going to like it either.

At that point, Lil B and I had a lengthy conversation on milk that went something like this.

B: "I want some milk."

Me: "Have some of this. It's white milk like you like."

He examined the bottle thoroughly occasionally looking at me like I was crazy. He recognized the bottle as being similar to the bottle that had chocolate milk in it.

B: "No. I want the kind that comes from the refrigerator."

Me: "This comes from the refrigerator."

B: "Are you sure?!?"

Me: "Yes I promise. Just try it."

Lucky for me he tried and liked it. Otherwise he may have tried his *Kung Fu Panda* moves on me. He drank almost the whole thing. In fact, he only broke to give me a taste. I have to agree with him. As a milk lover, this was some good milk. So, when it comes to the actual milk, ZenSoy is certainly a winner!

Soy on the Go got some mixed results. The Vanilla was a complete wash. It tasted watered down and just wasn't all that appetizing. However, the Cappuccino had a delicious taste and was gone before I knew it. I would have had no problem drinking some more of those. It didn't taste watered down like the vanilla. All I can think is that it has to do with the strength or subtlety of the flavors. The chocolate was also worth drinking. So, in this area it was two out of three, which still isn't bad.

When it comes to the kids that like both chocolate and white milk, ZenSoy should be a winner. Lil B would have continued to drink the white milk had more been available and that says it all. He can be picky about the things he likes, but he welcomed this product into his list of favorites quite easily. I was right there with him, too.

If your kids like milk you might want to try these out. On the other hand, if they don't like milk this is so much like it that it won't change their opinions. Prices will vary for this if you can find it in the stores (it will vary based on location). If you can't you can pick ZenSoy products up online at their website or through Amazon.com.

To give you an idea of Amazon prices you can get a case of 15 Soy on the Go Chocolate milks for around \$15. If you love the product and need to add some soy into your diet this is definitely going to be well worth the price.

**Taste/Flavor:** ★★★★★☆  
**Packaging:** ★★★★★★  
**Look:** ★★★★★☆  
**Kid Friendly:** ★★★★★☆  
**Overall Rating:** ★★★★★☆

