

# **Preparation of Soyabeen Milk**

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**Abstract:** *Soybean milk is a nutritious, plant-based beverage prepared from soybeans. It is widely used as an alternative to cow's milk because it is rich in protein, free from lactose, and suitable for people with milk allergy or lactose intolerance. The preparation of soybean milk involves soaking, grinding, heating, and filtration of soybeans. This review discusses the method of preparation of soybean milk, important processing steps, advantages, limitations, and recent improvements to enhance quality and acceptability.*

**Keywords:** Soybean milk, plant-based milk, soy processing, lactose-free milk, protein-rich beverage

