

# APRIL IS NATIONAL SOYFOODS MONTH

## Pina Colada Shake

Recipes provided by...

# Soybeans

Nebraska Soybean Board



[nebraskasoybeans.org](http://nebraskasoybeans.org)

### INGREDIENTS...

- 1/4 pkg (about 2.5 oz) silken tofu
- 1/2 ripe banana
- 1/2 cup pineapple juice
- 1/4 cup pineapple tidbits
- 1/4 tsp coconut extract

Start with well-chilled ingredients.  
(For a really frosty treat, start with frozen pineapple tidbits and/or frozen banana chunks.) Put everything into a blender container and puree until smooth.

Serve at once.

**Makes 1 cup.**

#### Per cup:

Calories: .....	197
Protein: .....	6 g
Total fat:.....	3 g
Saturated fat:.....	0.1 g
Carbohydrate:.....	41 g
Cholesterol:.....	0 mg
Sodium:.....	28 mg
Dietary Fiber: .....	1.6 g

Eat well. Eat soy.



### Bean Team Demonstration

today from 10 am-3 pm at  
Hy-Vee 50th & "O"  
Hy-Vee 84th & Holdrege  
Russ's Market 33rd & Hwy 2

For more enjoyable soy recipes call **800-852-BEAN**