

APRIL IS NATIONAL SOYFOODS MONTH

Pineapple Smoothie

Recipes provided by...

Soybeans

Nebraska Soybean Board



nebrasCASoybeans.org

INGREDIENTS...

- 1 pkg (10.5 oz.) soft silken tofu
- 1 medium banana
- 1 can (12 oz.) unsweetened orange-pineapple juice, chilled
- 1 can (8 oz.) unsweetened crush pineapple, chilled

Mix all ingredients in a blender until thoroughly smooth. Serve immediately or refrigerate. Shake well before serving.

Makes 5 cups.

Tofu Facts...

Tofu, also known as soybean curd, is a soft cheese-like food that comes from the coagulated protein in soymilk. The highly versatile tofu is a popular ingredient in food manufacturing and has multiple uses in home cooking.

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

Per cup:

Calories:	176
Total fat:	3 g
Saturated fat:	0.1 g
Cholesterol:	0 mg
Sodium:	6 mg
Carbohydrate:	35 g
Protein:	5.1 g
Soy Protein:	1.3 g
Dietary Fiber:	1.4 g

Eat well. Eat soy.



**Bean Team
Demonstration**

today from
10 am-3 pm
Russ's Market
15505 S. Coddington