

APRIL IS NATIONAL SOYFOODS MONTH

Soynut Butter & Banana Smoothie

Recipes provided by...

Soybeans

Nebraska Soybean Board



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

Per cup:

Calories:	76
Protein:	5.1 g
Soy Protein:	1.3 g
Total fat:.....	3 g
Saturated fat:.....	0.1 g
Carbohydrate:.....	35 g
Cholesterol:.....	0 mg
Sodium:.....	6 mg
Dietary Fiber:	1.4 g

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

Makes 5 cups

Tofu Facts...

Tofu is a healthy, high-quality protein source that contains all essential amino acids for growth. Soyfoods are a good source of essential fatty acids and contain no cholesterol and little or no saturated fat.

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