

# APRIL IS NATIONAL SOYFOODS MONTH

Apple Pie a la Mode Smoothie

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



## INGREDIENTS...

- 2 cups vanilla soymilk
- 1 cup unsweetened applesauce
- 1 cup vanilla soy ice cream
- 1/2 cup frozen apple juice concentrate, undiluted
- 1 1/2 tsp apple pie spice

Purée all ingredients in a blender until thoroughly combined.

Serve immediately or refrigerate. Shake well before serving.

Yield: 4 cups

Per serving:

|                     |        |
|---------------------|--------|
| Calories:.....      | 257    |
| Total fat:.....     | 8 g    |
| Saturated fat:..... | 1 g    |
| Cholesterol:.....   | 0 mg   |
| Sodium:.....        | 175 mg |
| Carbohydrate:.....  | 42 g   |
| Protein: .....      | 4 g    |
| Soy Protein: .....  | 4 g    |
| Dietary Fiber:..... | 1 g    |

Eat well. Eat soy.

