

# APRIL IS NATIONAL SOYFOODS MONTH

## Chocolate Junkie

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 1 medium banana
- 2 scoops chocolate soy ice cream
- 1 cup chocolate soymilk
- 2 scoops chocolate-flavored soy protein powder
- 1 box (10.5 oz.) soft silken tofu

#### Per cup:

Calories: .....	267
Total fat: .....	11 g
Saturated fat: .....	1.7 g
Cholesterol: .....	0 mg
Sodium: .....	95 mg
Carbohydrate: .....	25 g
Protein: .....	12 g
Soy Protein: .....	11 g
Dietary Fiber: .....	4 g

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

**Yield: 4 cups**

#### *Soy milk Tip...*

Soy milk can be used in almost any way that cow's milk is used.