

APRIL IS NATIONAL SOYFOODS MONTH

Mandarin Orange Ginger Smoothie

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 3 cups vanilla soymilk
- 1 can (15 oz.) mandarin oranges,
well drained
- 1 can (11 oz.) mandarin oranges,
well drained
- 1/2 cup frozen orange juice
concentrate, undiluted
- 1 tsp freshly ground ginger
(refrigerated jar)

Purée all ingredients in a blender
until thoroughly combined.

Serve immediately or refrigerate.
Shake well before serving.

Yield: 5 servings

Per serving:

Calories:	236
Total fat:	3 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	82 mg
Carbohydrate:	47 g
Protein:	5 g
Soy Protein:	4 g
Dietary Fiber:	0.75 g

Eat Well. Eat Soy

