

APRIL IS NATIONAL SOYFOODS MONTH

Mango Banana Soy Smoothie

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 1 cup soymilk, vanilla
- 1 cup orange juice
- 1 cup mango chunks, frozen
- 1 banana, sliced
- 2 Tbs soy protein powder
- 1/4 cup ice cubes
- 1 tsp honey, optional

Puree all ingredients in blender until smooth. Serve immediately.

Yield: 5 cups

Protein power tip...

Add isolate soy protein powder to favorite smoothie recipe.

Per 2 1/2 cup serving:

Calories:.....230

Total fat:.....2 g

Saturated fat:.....0 g

Cholesterol:.....0 mg

Sodium:.....120 mg

Carbohydrate:.....46 g

Protein:10 g

Soy Protein:6 g

Dietary Fiber:.....3 g

Eat well. Eat soy!

