

# APRIL IS NATIONAL SOYFOODS MONTH

## Strawberry Margarita Smoothie

Recipes provided by...

**Soybeans**  
Nebraska Soybean Board



### INGREDIENTS...

- 3 cups vanilla soymilk
- 1 can (10 oz.) frozen margarita mix
- 2 heaping cups frozen whole strawberries (unsweetened)

Mix all ingredients in a blender until thoroughly smooth.

Serve immediately or refrigerate. Shake well before serving.

**Yield: 5 servings**

#### Per serving:

|                     |       |
|---------------------|-------|
| Calories:.....      | 251   |
| Total fat:.....     | 4 g   |
| Saturated fat:..... | 0 g   |
| Cholesterol:.....   | 0 mg  |
| Sodium:.....        | 92 mg |
| Carbohydrate:.....  | 53 g  |
| Protein:.....       | 5 g   |
| Soy Protein:.....   | 4 g   |
| Dietary Fiber:..... | 2 g   |

*Soy smoothies and shakes are easy to make, and it's fun to create your own recipes.*

*A little soymilk and some fruit mixed in a blender will get you off and running. Add a few more secret ingredients and you will create your own masterpiece.*

[nebrasCASoybeans.org](http://nebrasCASoybeans.org)

For more enjoyable soy recipes call **800-852-BEAN**