

APRIL IS NATIONAL SOYFOODS MONTH

Cranberry & Raspberry

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

- 2 cups vanilla soymilk
- 1/2 cup frozen cranberry juice concentrate (undiluted)
- 3/4 cup frozen raspberries

Per cup:

Calories:	310
Total fat:	5 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	122 mg
Carbohydrate:	60 g
Protein:	6.5 g
Soy Protein:	6 g
Dietary Fiber:	2 g

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

Yield: 3 1/4 cups

Soymilk Tip...

Mix 1 teaspoon of your favorite powdered fruit drink mix with 1 cup of soymilk for a refreshing drink.