

Recipes provided by...

# Soybeans

Nebraska Soybean Board



### *Soy Smoothies...*

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. Here is a recipe to get you started...

### **INGREDIENTS...**

- 1/2 cup frozen strawberries, thawed, including juice
- 2 Tbs powdered soy protein isolate
- 2 Tbs water
- 1/2 cup crushed ice

Thoroughly mix thawed strawberries, soy protein isolate and water in blender. Add crushed ice and blend until smooth. Serve in a 12-ounce glass.

**Yield: 1 serving**

### *Per serving:*

Calories: .....	62
Total fat: .....	0.4 g
Saturated fat: .....	0 g
Cholesterol: .....	0 mg
Sodium: .....	113 mg
Carbohydrate: .....	7 g
Protein: .....	25 g
Soy Protein: .....	23 g
Dietary Fiber: .....	1.2 g