

Pineapple Banana Milkshake

Ingredients:

- 2 cup soy milk, light, chilled
- 1 small banana (about 6 inches), cut into pieces and frozen
- 1 cup fresh pineapple chunks, chilled
- 1 tbsp. honey
- 1 tbsp. pure vanilla extract



Nutrition Facts	
Serving Size 12 ounces (340g)	
Servings Per Container 2	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 6g	
Vitamin A 10%	• Vitamin C 60%
Calcium 25%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. Place the soy milk, banana, pineapple, honey, and vanilla into a blender and process until all ingredients are pureed and incorporated.
2. Pour into two tall glasses. Garnish with pineapple & serve.