

Fruit Smoothie

Ingredients:

1 cup frozen strawberries 1 medium ripe banana 1/4 cup pineapple chunks 1/2 cup soy milk, light 1/3 cup silken tofu

Nutrition Facts Serving Size 12 ounces (340g) Servings Per Container 2 Amount Per Serving Calories 180 Calories from Fat 40 % Daily Value* Total Fat 4g 6% Saturated Fat 0.5g 3% Trans Fat 0g Cholesterol 0mg 0% Sodium 40mg 2% Total Carbohydrate 31g 10% Dietary Fiber 4g 16% Sugars 18g Protein 8g Vitamin A 4% Vitamin C 110% Calcium 15% • Iron 10% *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 Less than Saturated Fat Cholesterol 25g 300mg Less than Less than Sodium Less than 2,400mg 300g 2,400mg 375g Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4







Directions:

1. Add soy milk, banana, mango and walnuts to blender, than add, frozen strawberries and ice. Puree until smooth.