

Raspberry Smoothie

Ingredients:

12 ounces fresh or frozen raspberries
 6 ounces chilled silken tofu
 ¾ cup nonfat soy milk
 ¼ cup cocoa powder
 1 ½ tsp. flaxseed powder



Nutrition Facts

Serving Size 12 ounces (340g)
Servings Per Container 2

Amount Per Serving

Calories 170 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 25g **8%**

Dietary Fiber 5g **20%**

Sugars 10g

Protein 10g

Vitamin A 6% • Vitamin C 45%

Calcium 15% • Iron 15%

*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. Blend all ingredients in blender until smooth; about 2 minutes