

## Batido de Frambuesa

### Ingredientes:

12 onzas de frambuesas frescas o congeladas  
6 onzas de tofu sedoso frío  
 $\frac{3}{4}$  taza de leche de soja descremada  
 $\frac{1}{4}$  taza de cacao en polvo  
1  $\frac{1}{2}$  cucharadita de polvo de linaza



| Nutrition Facts  |                              |
|--|------------------------------|
| Serving Size 12 ounces (340g)  |                              |
| Servings Per Container 2   |                              |
| Amount Per Serving   |                              |
| <b>Calories</b> 170  | <b>Calories from Fat</b> 40  |
| % Daily Value*   |                              |
| <b>Total Fat</b> 4.5g  | <b>7%</b>                    |
| Saturated Fat 0g   | <b>0%</b>                    |
| Trans Fat 0g   |                              |
| <b>Cholesterol</b> 0mg   | <b>0%</b>                    |
| <b>Sodium</b> 45mg   | <b>2%</b>                    |
| <b>Total Carbohydrate</b> 25g  | <b>8%</b>                    |
| Dietary Fiber 5g   | <b>20%</b>                   |
| Sugars 10g   |                              |
| <b>Protein</b> 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   |                              |

### Direcciones:

1. Licue todos los ingredientes en la licuadora hasta que quede suave; unos 2 minutos