

Batido de Fresa, Plátano y Tofu

Ingredientes:

¾ taza de tofu suave y sedoso
1 taza de fresas frescas, en rodajas
½ taza de soja vainilla light, light
1 plátano grande, rebanado y congelado
¼ de taza de trozos de piña



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 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. Primero agregue los ingredientes líquidos (tofu, leche de soja, concentrado de jugo de piña), luego agregue las fresas y plátano.
2. Haga puré hasta que quede suave. Agregue hielo para un batido frío.