

Batido de Fresa y Plátano

Ingredientes:

- ½ taza de tofu suave y sedoso
- 1 taza de fresas frescas, en rodajas
- ½ taza de leche de soja simple y ligera
- 1 plátano grande, rebanado y congelado
- ¼ de taza de trozos de piña



Nutrition Facts

Serving Size (227g)		Servings Per Container	
Amount Per Serving			
Calories 120	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 22g			7%
Dietary Fiber 3g			12%
Sugars 13g			
Protein 5g			
Vitamin A 2%		Vitamin C 80%	
Calcium 8%		Iron 6%	
*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. Combine todos los ingredientes en una licuadora. Haga puré hasta que quede suave.