



Fruit Soy Smoothie

INGREDIENTS:

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| ¼ cup | Plain yogurt, non-fat |
| 2 oz | Banana (approximately ½ medium banana) |
| ¼ cup | Strawberries |
| ¼ teaspoon | Vanilla extract |
| ¼ cup | Vanilla soy milk, fat-free |
| 1 Tbsp | Soy protein powder |
| ½ cup | Ice |
| 2 tsp | Fructose |

PREPARATION:

- Combine in blender and puree.
- May substitute fresh blueberries for strawberries.

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| Number of servings: | 2 |
| Serving Size: | 1 cup |
| Calories: | 97 |
| Fat Grams: | 0 |

