



Fruit Soy Smoothie

INGREDIENTS:

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.

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

