



Fruit Smoothie

Rich in calcium, fiber, isoflavones, antioxidants & omega 3-fatty acids

Number of Servings: 1

Calories Per Serving: 349

CPF Ratio: 69-13-18

Cooking Instructions

Pour 1 cup soymilk into blender. Thaw frozen strawberries, banana and blueberries slightly in microwave. Place into blender and blend well. Add remaining ingredients and mix well. Serve immediately.

Nutrition Tip: If you are not use to additional fiber in your diet, go slow and add gradually. Increase your water intake with increased fiber.

Recipe Exchanges Per Serving:

- 1 Milk
- 1 Lean Meat
- 2 1/2 Fruits
- 1 1/2 Fats

Carbohydrate Counting:

3 1/2 Carbohydrate Choices

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.
SOYMILK, VANILLA	enriched	1 cup	240
STRAWBERRIES	frozen, whole	1 1/4 cup	175
BANANA	frozen	1/2	59
BLUEBERRIES	frozen	1/4 cup	31
FLAXSEED MEAL		1 tbsp	7
WHEAT BRAN		1 tbsp	4
WHEAT GERM	25% protein, dry	1 tbsp	8
	Recipe Total:		523
	Single Serving Total:		523

Nutrition Information	
Serving Size: (523g)	
Servings: 1	
Amount Per Serving	
Calories 349	Calories from Fat 62
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 145mg	6%
Total Carbohydrate 64g	21%
Dietary Fiber 11g	43%
Sugars 39 g	
Protein 12 g	
Vitamin A 11%	Vitamin C 123%
Calcium 34%	Iron 24%
* Percent Daily Values are based on a 2,000 calorie diet	