



# Fruit & Soy Smoothie

This is a great breakfast, snack or dessert-delicious and full of nutrients!

**Number of Servings:** 2

**Calories Per Serving:** 205

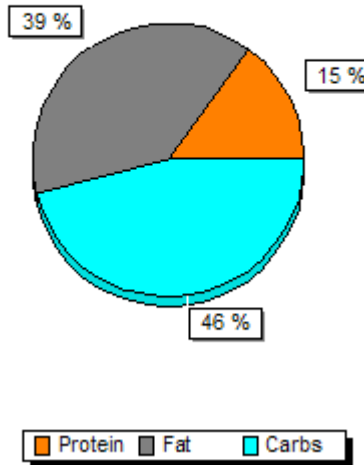
**CPF Ratio:** 46-15-39

## Cooking Instructions

Any kind of fruit can be used in this smoothie, but blueberries are always an excellent choice because they are very high in antioxidants. If frozen fruit is used, partially thaw before using. Use the minimum amount of sugar you can and still enjoy the taste. (Some soy protein concentrates already contain sugar). You can use 2 tbsp of ground flax seeds instead of the oil if you prefer: this will be the same amount of calories, but increase the fiber. Put all ingredients in a blender and blend well.

**Other suggestions:** To increase the energy and protein, omega-3 fatty acids, Vitamins E, C, folic acid, soy phytoestrogens and isoflavones, and many other nutrients, double the soy protein in this recipe, add 1/2 banana, one tablespoon wheat germ, one tablespoon wheat bran, 1/4 cup orange juice, and you have yourself a great "on-the-go" power-housed, high-fiber nutritious meal. With the added fruit and juice, no extra sugar may be needed. (Add fiber slowly to your diet, if you are not yet accustomed to it, and always increase your water intake with additional fiber!)

46-15-39 Ratio



## Nutrition Facts

Serving Size: (224g)

Servings: 1

Amount Per Serving

**Calories** 205    **Calories from Fat** 79

% Daily Value\*

**Total Fat** 9g    **14%**

Saturated Fat 1g    **3%**

**Cholesterol** 0mg    **0%**

**Sodium** 67mg    **3%**

**Total Carbohydrate** 25g    **8%**

Dietary Fiber 4g    **16%**

Sugars 18 g

**Protein** 8 g

Vitamin A 6%    ■ Vitamin C 40%

Calcium 19%    ■ Iron 12%

\* Percent Daily Values are based on a 2,000 calorie diet

**Fruit & Soy Smoothie (continued)**

**Recipe Ingredients:**

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Sat fat (g)	Monounsat Fat (g)	Polyunsat Fat (g)	Trans Fat (g)
SOYMILK, VANILLA, PLUS	240 mL	1 cup	240	140	7	19	3.5		.5	1.5	
SOY PROTEIN, CONCENTRATE	produced by alcohol extraction	.5 oz	14	47.1	8.2	4.4	.1		.0	.0	
STRAWBERRY, UNSWEETENED	frozen, thawed	.5 cup	111	38.7	.5	10.1	.1		.0	.1	
BLUEBERRY, UNSWEETENED, FROZEN	unthawed	.5 cup	78	39.5	.3	9.4	.5	.0	.1	.2	
SUGAR, GRANULATED		1/2 tbsp	6	24.2		6.2					
FLAXSEED OIL		1 tbsp	0	120			14	1	2.5	10	
Recipe Total:			448	409.4	16	49.2	18.2	1.1	3.1	11.8	
Single Serving Total:			224	204.7	8	24.6	9.1	.5	1.5	5.9	

Name	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Sugars (g)	Dietary Fiber (g)	Water (g)	Sodium (mg)
SOYMILK, VANILLA, PLUS				15	3		130
SOY PROTEIN, CONCENTRATE					.8	.8	.4
STRAWBERRY, UNSWEETENED	.0	.0		7.7	2.3	99.4	2.2
BLUEBERRY, UNSWEETENED, FROZEN	.1	.1		7.4	2.1	67.1	.8
SUGAR, GRANULATED				6.1			.1
FLAXSEED OIL	7.7	2.2					
Recipe Total:	7.8	2.4		36.1	8.2	167.3	133.5
Single Serving Total:	3.9	1.2		18.1	4.1	83.7	66.7

**Recipe Exchanges for Single Serving**

Starch	Very Lean Meat	Lean Meat	Medium Fat Meat	High Fat Meat	Vegetable	Fruit	Skim Milk	Low Fat Milk	Whole Milk	Fat	Other Carbohydrates
0	0.5	0	0	0	0	0.65	0	0	0	1.35	0.19