Chocolate Junkie

Recipes provided by...

INGREDIENTS...

1 medium banana
2 scoops chocolate soy ice cream
1 cup chocolate soymilk
2 scoops chocolate-flavored soy protein powder
1 box (10.5 oz.) soft silken tofu

Mix all ingredients in a blender until thoroughly smooth. Serve immediately or refrigerate. Shake well before serving.

Yield: 4 cups

Soymilk Tip...
Soy milk can be used in almost any way that cow’s milk is used.

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Per cup:
Calories: ...................267
Total fat: .....................11 g
Saturated fat: ..........1.7 g
Cholesterol: .............0 mg
Sodium: .....................95 mg
Carbohydrate: ..........25 g
Protein: .....................12 g
Soy Protein: .............11 g
Dietary Fiber: .............4 g

APRIL IS NATIONAL SOYFOODS MONTH