Pina Colada Shake

INGREDIENTS...

1/4 pkg (about 2.5 oz) silken tofu
1/2 ripe banana
1/2 cup pineapple juice
1/4 cup pineapple tidbits
1/4 tsp coconut extract

Start with well-chilled ingredients. (For a really frosty treat, start with frozen pineapple tidbits and/or frozen banana chunks.) Put everything into a blender container and puree until smooth. Serve at once.

Makes 1 cup.

Recipes provided by…

Soybeans
Nebraska Soybean Board

Per cup:
Calories: .................. 197
Protein: ...................... 6 g
Total fat: ................... 3 g
Saturated fat: ....... .0.1 g
Carbohydrate: ........ 41 g
Cholesterol: ........... 0 mg
Sodium: ............. 28 mg
Dietary Fiber: ....... 1.6 g

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April is National Soyfoods Month

Eat well. Eat soy.

Bean Team Demonstration
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Russ’s Market 33rd & Hwy 2