Pineapple Smoothie

For more enjoyable soy recipes call 800-852-BEAN

INGREDIENTS...

1 pkg (10.5 oz.) soft silken tofu
1 medium banana
1 can (12 oz.) unsweetened orange-pineapple juice, chilled
1 can (8 oz.) unsweetened crush pineapple, chilled

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

Makes 5 cups.

Tofu Facts...

Tofu, also known as soybean curd, is a soft cheese-like food that comes from the coagulated protein in soymilk. The highly versatile tofu is a popular ingredient in food manufacturing and has multiple uses in home cooking.

Per cup:
Calories: .......... 176
Total fat: .......... 3 g
Saturated fat: ...... 0.1 g
Cholesterol: ....... 0 mg
Sodium: .......... 6 mg
Carbohydrate:....... 35 g
Protein: ........... 5.1 g
Soy Protein: ........ 1.3 g
Dietary Fiber: ...... 1.4 g

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Eat well. Eat soy.

Bean Team Demonstration
today from
10 am-3 pm
Russ’s Market
15505 S. Coddington

April is National Soyfoods Month