Soynut Butter &
Banana Smoothie

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 is a healthy, high-quality protein source that contains all essential amino acids for growth. Soyfoods are a good source of essential fatty acids and contain no cholesterol and little or no saturated fat.

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