INGREDIENTS...

3 cups vanilla soymilk
1 can (10 oz.) frozen margarita mix
2 heaping cups frozen whole strawberries (unsweetened)

Mix all ingredients in a blender until thoroughly smooth.

Serve immediately or refrigerate.
Shake well before serving.

Yield: 5 servings

Per serving:
Calories: ..................251
Total fat: ..................4 g
Saturated fat: ............0 g
Cholesterol: .............0 mg
Sodium: ..................92 mg
Carbohydrate: ..........53 g
Protein: ..................5 g
Soy Protein: ...............4 g
Dietary Fiber: ...........2 g

Soy smoothies and shakes are easy to make, and it’s fun to create your own recipes. A little soymilk and some fruit mixed in a blender will get you off and running. Add a few more secret ingredients and you will create your own masterpiece.

For more enjoyable soy recipes call 800-852-BEAN