

Raspberry-Banana Soy Smoothie

Try this soy-based smoothie on for size. Perfect for a mid-day!

- 1 container (6 ounces) fat free French vanilla yogurt
- 1 1/2 cups 8th Continent original soymilk
- 1 cup unsweetened frozen or fresh raspberries
- 1 medium banana, sliced (1 cup)

- 1 Place all ingredients in blender or food processor. Cover; blend on high speed about 30 seconds or until smooth.
- 2 Pour into 2 glasses. Serve immediately.

Per Serving: Calories 210 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1g); Cholesterol 5mg; Sodium 150mg; Potassium 190mg; Total Carbohydrate 37g (Dietary Fiber 3g); Protein 7g
% Daily Value: Vitamin A 15%; Vitamin C 4%; Calcium 30%; Iron 4%;
Vitamin D 25%; Folic Acid 2%
Exchanges: 1 1/2 Other Carbohydrate, 1 Skim Milk, 1/2 Fat
Carbohydrate Choices: 2 1/2

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