

Fruity Soymilk Smoothie

2 cups soy milk

½ cup frozen orange juice concentrate (undiluted)

1 cup or more fruit

1 tsp. lemon juice

Sugar to taste (about 1 Tbsp.)

Ice (optional)

Combine all ingredients in an blender container. Blend until smooth. Add ice if desired.

Variations: Canned mango puree, fresh or frozen strawberry, fresh banana, crushed pineapple, coconut powder, or any fruit combination can be used. Adjust the amount of juice depending on your preference.

Makes 4 (¾ cup) servings

Nutrition Facts per Serving: 160 Kcal, 2.5 g Fat, 32 g Carbohydrate, 5 g Protein, 1 g Fiber, 0 mg Cholesterol, 80 mg Sodium

Nutrition Facts per Serving replacing soy milk with 2% dairy milk: 170 Kcal, 2.5 g Fat, 32 g Carbohydrate, 5 g Protein, 1 g Fiber, 10 mg Cholesterol, 60 mg Sodium