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RECIPE: Soy Smoothies Satisfy Sweet Tooth

CREATED BY: The Soyfoods Council

There are probably a million and one different drink combinations out there for you to serve at your next party or barbeque. However, many of these beverages contain very little nutritional value. Now is a great time to introduce your friends and family to the wonderful world of soy with delicious, refreshing soy smoothies. These versatile drinks add fun, color and nutrition to your daily diet without loading on the calories. Have one for breakfast or as a mid-afternoon snack. Entertain your guest by serving smoothies in a fun glass with an umbrella and fruit garnish to give your party a tropical feel.

Soy smoothies are great for those who suffer from lactose intolerance, but also anyone who wants to lead a healthier lifestyle. Soy helps reduce bad cholesterol, keep your heart healthy and contribute to weight loss by satiating your appetite with complete proteins but without all the saturated fat and cholesterol. In doing so, it will also perhaps help to cut down on excessive snacking. According to a recent study by the USDA, snacking now contributes to 26 percent of all calories consumed by kids ages 2 and up. Replacing a bag of chips with a soy smoothie is a great way to cut down those calories and teach the importance of eating well. These smoothies take a small amount of preparation and only a few ingredients. All you need is some soymilk, fruit and a blender, and you're good to go

Basic Smoothie

1 cup soymilk (plain or vanilla)

1/2 medium banana (may be frozen, if desired.)

Any additional ingredients/fruit

1. Puree all the ingredients in a blender until smooth. Pour into a glass and serve at once.
2. There are 205 calories per serving with 8.3 grams of protein, 4.068 grams of fiber, 305.90 mg of calcium, 1.397 mg of iron and 34.95 grams of carbohydrates.

3. Now it's time to get creative! Adding just one or two more ingredients to the Basic Smoothie recipe can give you a variety of flavors. Here are a few examples.

Chocolate Banana Smoothie

Add 2 tablespoons of chocolate syrup to the Basic Smoothie Recipe.

Contains 266 calories per serving, 11 grams of protein, 1.9 grams fiber and 49 grams of carbohydrates.

Peanut Butter Banana Smoothie

Add 1 tablespoon peanut butter to basic recipe. For a Chocolate Peanut Butter and Banana Smoothie, combine this recipe with the Chocolate Banana Smoothie recipe.

Basic Fruit Smoothie

1 cup soymilk (plain or vanilla)

1/2 medium banana (may be frozen)

2 tablespoons frozen fruit juice concentrate (undiluted)

1/4cup frozen fruit (optional)

For a little variation, use a pineapple-orange-banana juice concentrate for a Pineapple-Orange Smoothie.

Raspberry Smoothie

1 cup IQF Washington raspberries

1 carton (6 ounces) raspberry soy yogurt

1/2 cup cran-raspberry juice

Blend all ingredients in a blender until smooth. Each serving contains 177 calories, 0.07g of fat, 9.6 grams of protein, 34 grams carbohydrates, 5 milligrams of cholesterol, 174 milligrams of sodium and 3.2 grams of fiber. Washington raspberries are consistently top quality, easy to use, more convenient and cheaper than fresh. They are also packed with 50 percent vitamin C, 32 percent of fiber, contain only 70 calories in a cup and provide important phytochemicals like anthocyanins and antioxidants.

Mocha Java Smoothie

1 cup vanilla soymilk

1 1/2 cup ice

1/3 cup firm tofu

3/4 cup bananas –sliced/frozen

1/4 cup chocolate syrup

2 teaspoons instant coffee

In a blender, combine all ingredients. Blend until smooth. There are 229 calories per serving with 4 grams dietary fiber, 3 grams of protein and 52 grams of carbohydrates.

Coffee Banana Soy Smoothie

2 bananas (frozen)
1½ cup vanilla soy milk
1 8-ounce cup of coffee yogurt
1/4 teaspoon cinnamon
Dash ground nutmeg
2 or 3 ice cubes

Cut bananas into chunks. Put all ingredients in the blender and mix until smooth.

There are 265 calories per serving with 7 grams of protein, 3 grams dietary fiber and 54 grams carbohydrates.

As the temperature climbs this summer, it'll be easy to stay cool with these refreshing and healthy smoothies. Indulge daily in these sweet treats that have more nutrition than ice cream and are incredibly easy to make at home. Delight guests with these nutritious smoothies at your next party. Let them enjoy the rich flavor without the guilt while you inform them of all the positive benefits soy has to offer.

Raspberry Smoothie recipe courtesy of www.raspberrinfo.com and Washington Raspberry Commission. Mocha Java and Coffee Banana Soy Smoothies courtesy of www.fitwatch.com. All other recipes are courtesy of The Soyfoods Council.

The Soyfoods Council is a non-profit organization, created and funded by Iowa Soybean farmers, providing a complete resource to educate and inform healthcare professionals, consumers and the foodservice market about the many benefits of soyfoods. The Council represents nearly all facets of the food industry, including soyfoods product manufacturers, ingredient suppliers, state and national soybean checkoff boards, food retailers and distributors, health and foodservice professionals. Iowa is the country's number one grower of soybeans and is the Soyfoods Capital of the world.