

Chocolate Soy Banana Smoothie

NUMBER OF SERVINGS: 1

Ingredients

- Chocolate soy beverage 1 cup (250 mL)
- Banana, ripe 1
- Liquid honey 1 tsp (5 mL)
- Vanilla ¼ tsp (1.25 mL)
- Cinnamon Pinch

Directions

1. Blend all ingredients in blender until smooth.



Grain Farmers of Ontario represents 28,000 barley, corn, oat, soybean, and wheat farmers.



Soy contains a plant compound called isoflavones that are good for the soybean and have also been shown to reduce risk of certain cancers.



To add variety, try using a vanilla soy beverage instead.

NUTRITION PER SERVING

Calories 271 | Protein 6g | Fat 4g | Carbohydrates 55g | Fibre 5g | Sodium 104mg

Beverages



Recipe
provided by:

