

Go Green Smoothie

NUMBER OF SERVINGS: 2

Ingredients

- Vanilla soy beverage 1 ½ cups (375 mL)
- Ripe pear, cored and chopped 1
- Baby spinach, packed 2 cups (500 mL)

Directions

1. Blend all ingredients in blender until smooth. Serve immediately.



Soybeans are Canada's 4th largest crop by seeded acreage, returning \$2.4 billion to Canadian farmers.



Soy consumption has been related to reduced risk of many age-related diseases such as heart disease, diabetes and cancer.



For extra fibre, try adding cooked lentils to your smoothie.

NUTRITION PER SERVING

Calories 150 | Protein 5g | Fat 3g | Carbohydrates 26g | Fibre 4g | Sodium 110mg

Beverages



Recipe
and photo
provided by:



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