



## Fruit Smoothies

### Strawberry-Banana Smoothie (serves 1)

- 1 cup calcium-fortified soy milk
- 4-5 frozen strawberries
- ½ banana
- 1 tablespoon flaxseed oil

Combine all ingredients in blender and mix well.

#### **Nutritional information:**

Calories: 293	Total fat: 19g	Saturated fat: 2g	Fiber: 6g
Carbohydrates: 36g	Sodium: 137mg	Protein: 12g	

### Raspberry-Mango Elixir (serves 2)

- 1 cup fresh chilled raspberries
- 1 medium chilled mango, peeled, pitted, and diced
- 6 oz calcium-enriched tofu
- 1 ½ cups fat-free vanilla soymilk
- 1 tablespoon maple syrup

Blend and serve.

#### **Nutritional information:**

Calories: 266	Total fat: 11g	Saturated fat: 1g	Fiber: 8g
Carbohydrates: 43g	Sodium: 86mg	Protein: 19g	

### Pineapple-Melon Shake (serves 2)

- 1 cup each chilled diced pineapple and chilled diced cantaloupe
- 1-6 oz container of low-fat plain organic yogurt
- ¾ cup calcium-fortified orange juice
- 2 tablespoons ground flaxseeds or flaxseed meal
- 2 tablespoons maple syrup

Combine all ingredients in blender and mix well.

#### **Nutritional information:**

Calories: 239	Total fat: 3g	Saturated fat: 0.4g	Fiber: 4g
Carbohydrates: 48g	Sodium: 87mg	Protein: 8g	