

Strawberry Orange Flaxseed Smoothie

Preparation time: 5 minutes

3	Strawberries, hulled	3
½ cup	Plain soy beverage	125 mL
½ cup	Orange juice	125 mL
2 tbsp	Vanilla-flavored soy protein powder	25 mL
1 tsp	Flaxseed oil	5 mL
1 to 2	Ice cubes	1 to 2

1. In blender, on high speed, blend strawberries, soy beverage, orange juice, protein powder, flaxseed oil and ice for 30 seconds or until smooth.

NUTRIENTS Per Seving		
Calories: 228	Carbohydrate: 20.1 g	Calcium: 210 mg
Fat: 7.8 g	Fiber: 4.0 g	Iron: 4.4 mg
Sodium: 258 mg	Protein: 23.7 g	
Very high in: Vitamin C, iron, thiamine, niacin and folate High in: Dietary fiber, calcium, magnesium and zinc		

