

hap day



“Lite” soy milk has fewer calories and a milder flavor than regular soy milk.

Peaches, apples, strawberries, and grapes (all common fruit found in a bag of frozen mixed fruit) are among the top 12 “Dirty Dozen” fruits and vegetables high in pesticide exposure. If you are concerned about pesticide exposure, use frozen organic fruit. It is available at all major grocery stores.

Check the ingredient list on the nutrition label of the frozen fruit to make sure no sugar has been added.

You can add your favorite fruit, or add different fruits to make your perfect smoothie!

Helpful Hints:



Fruit Smoothie

Serves: 3

Ingredients:

- 1 cup frozen strawberries or mixed fruit
- 1 medium banana

- 1 cup lite vanilla soy milk
- 1 teaspoon honey

Directions:

Using a blender, blend all ingredients together until smooth, then serve.



All Star Ingredients:

Soy milk:

A great source of calcium and vitamin D. Although research is inconclusive, soy's estrogen-like properties, called isoflavones, may help alleviate menopausal symptoms, and may protect against bone loss in post-menopausal women.

Honey:

Honey contains healthy flavonoids known for their antioxidant* activity and may help boost the immune system. You'll find the most benefits in raw, unfiltered honey.¹

*Antioxidants prevent or slow oxidative damage to our bodies. When our body cells use oxygen, they naturally produce free radicals (by-products) which can cause damage. Antioxidants bind to free radicals to prevent and repair damage done by these free radicals. Health problems such as heart disease, macular degeneration, diabetes, and cancer are all contributed to by oxidative damage.

Nutrition Information (per serving)*:

(Serving Size 6 ounces)

Calories (kcal):	87
Total Fat (g):	1
Saturated Fat (g):	< 1
Monounsaturated Fat (g):	< 1
Polyunsaturated Fat (g):	< 1
Cholesterol (mg):	0
Sodium (mg):	33
Total Carbohydrate (g):	18
Dietary Fiber (g):	2.5
Sugar (g):	9
Protein (g):	2

Food Exchanges:

0 Grain
0 Meat (Protein)
0 Vegetable
1 Fruit
1/4 Milk
0 Fat
0 Other Carbohydrates

*Nutritional information based on using 1 cup of frozen strawberries.

Recipe created by Chef Paul Penney, Certified Personal Chef. For more information about Chef Paul Penney, go to www.callchefpaul.com, or e-mail him at chefpaul@callchefpaul.com



¹Bowden, Jonny Ph.D., C.N.S. "The 150 Healthiest Foods on Earth." Fair Winds Press. Copyright 2007.