

## FAMILY SMOOTHIE

High fiber smoothie packed with fruit for the whole family.

 4 portions

### INGREDIENTS

- 3 cups of SILK Unsweetened, soymilk (729 g)
- 2 cups of oats (312 g)
- 1/2 cup whole kernels of nuts, almonds, blanched (73 g)
- 2 small units [2-3/4" dia] of apples, raw, without skin (264 g)
- 1 large unit [8" to 8-7/8" long] of bananas, raw (136 g)
- 1/2 cup of blueberries, raw (74 g)
- 1/2 cup, halves of strawberries, raw (76 g)
- 1/2 cup of raspberries, raw (62 g)
- 1/2 cup of blackberries, raw (72 g)
- 1/3 cups of beverages, Protein powder whey based (32 g) **or** 1 scoop of beverages, Protein powder soy based (45 g)

### COOKING METHOD

- 1° Boil milk and oats together.
- 2° Blanch and peel almonds if not already prepared.
- 3° Slice and peel fruit, add to blender along with milk, oats, and almonds.
- 4° Blend until smooth.
- 5° Divide into four cups and serve.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (459 g)	% DRI
ENERGY	131 kcal	601 kcal	30 %
FAT	4 g	19 g	29 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	11 %
CHOLESTEROL	0 mg	1 mg	0 %
SODIUM	26 mg	117 mg	5 %
CARBOHYDRATE	18 g	84 g	28 %
SUGARS	4 g	18 g	—
FIBER	3 g	16 g	63 %
PROTEIN	6 g	30 g	—