

Silken Soy Puree Berry Smoothie

1) Features

Berry Smoothie made with Silken Soy Puree has a creamy texture and excellent clean taste!

It is made with soy, but has very low beany flavor.

- **Non-Dairy, for Vegan**

- **No cholesterol**

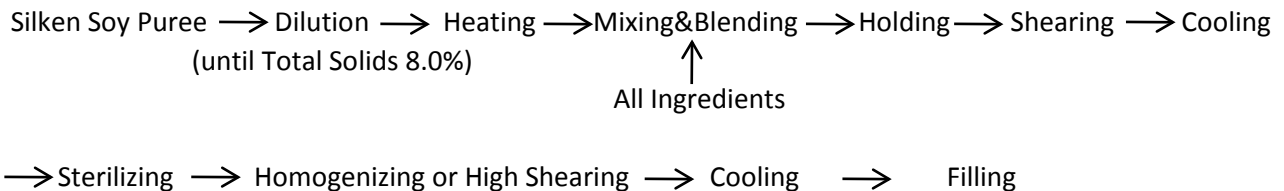
- **Low fat**

- **6.2 g Soy protein (per serving from natural soy)**

2) Recipe

Ingredients	Recipe (%)
Silken Soy Puree	50.00
Water	35.47
Berry Puree, Fruit Juice Conc.	7.60
Raw Washed Sugar	5.20
Natural Berry Flavor	0.80
Stabilizer	0.60
Citric Acid	0.30
Red Color	0.03
Total	100.0

3) Process



4) Nutritional information / Serving Size 8 fl oz (240 ml)

	Control*	w/ Silken Soy Puree
Calories	170 kcal	165 kcal
Calories from fat	36 kcal	30 kcal
Total fat	4 g	3.4 g
Cholesterol	13 mg	0 mg
Sodium	40 mg	16 mg
Total carbohydrate	30 g	28 g
Dietary fiber	1 g	1 g
Sugars	29 g	24 g
Protein	4.2 g	6.2 g

No cholesterol

* Control: Whole milk (USDA National Nutrient Database) is used instead of Silken Soy Puree

5) Ingredients Cost (Estimation)

For reference only, actual cost may vary depending on market prices and source.

With Silken Soy Puree \$ 0.42 / lb (\$ 0.92 / kg) Balance

Control (used whole milk) \$ 0.42 / lb (\$ 0.92 / kg) Almost same

This sheet is for informational purposes only and intended as a guideline.