

Silken Soy Puree Strawberry Banana Smoothie

1) Features

Strawberry Banana 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	35.40
Str & Banana Puree, Fruit Juice Conc.	7.60
Raw Washed Sugar	5.70
Natural Strawberry Flavor	0.50
Stabilizer	0.40
Citric Acid	0.25
Red Color	0.15
Total	100.0

3) Process



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

	Control*	w/Silken Soy Puree
Calories	160 kcal	150 kcal
Calories from fat	37 kcal	30 kcal
Total fat	4 g	3.5 g
Cholesterol	13 mg	0 mg
Sodium	20 mg	14 mg
Total carbohydrate	26 g	24 g
Dietary fiber	1 g	1 g
Sugars	25 g	21 g
Protein	4.1 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	\$ 0.33 lb (\$ 0.72 / kg)	Balance
Control (used whole milk)	\$ 0.33 lb (\$ 0.72 / kg)	<u>Almost same</u>

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