

## SOY SMOOTHIE

*Serves 2*

1 frozen banana (cut into pieces)

1 cup frozen fruit

1/2 cup Vermont Soy Vanilla, Original or Unsweetened soymilk

1/2 cup fruit juice

1 Tablespoon maple syrup (optional)

Combine banana, fruit, soymilk, juice, maple syrup in a blender. Process until smooth. Serve immediately.

### *Extra*

Use leftover smoothie to make healthy popsicles.

Just pour leftover smoothie into popsicle maker. Freeze and enjoy.



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