

## Antioxidant Power Smoothie

### Ingredients:

- 1/2 cup orange juice concentrate
- 1 cup water
- 1 cup soy milk, vanilla\*
- 1 package or Mori-nu tofu, soft
- 2 TS flaxseed
- 4 small frozen bananas
- 1 cup frozen strawberries
- 1 cup frozen blueberries



### Instructions:

1. Add all of the ingredients to a blender and blend until smooth.
2. Keep leftovers in the refrigerator

\* If using a unsweetened soy milk, deduct 1g sugar from the total sugar of this recipe

### Nutrition Facts

8 servings per container  
Serving size 1 cup (8 oz)  
(208g)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 440mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



\*VEGAN



\*GLUTEN-FREE

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