

Soy-ful Smoothies Refresh Your Diet

(NAPSA)—Once embraced only by vegetarians, many people are now making soy a part of their diets as more of its health benefits are discovered. Bob Greene, author of the best-selling book “The Best Life Diet,” suggests soymilk as a surprisingly enjoyable way to fit high-quality protein into daily meals.

“With flavors like vanilla and chocolate available, soymilk is not only healthful, but delicious, too,” said Greene. “Just be sure to choose an option that contains both calcium and vitamin D, such as 8th Continent soymilk.”

Soymilk contains little or no fat, no cholesterol and provides soy protein, which, as part of a heart-healthy diet, may reduce the risk of heart disease. Plus, it can be used as a milk substitute in many recipes.

For a cool, refreshing and sweetly satisfying snack, use soymilk in this Best Life-approved smoothie

recipe. One glass has only 3 grams of fat and 200 calories. For more Best Life Diet-approved meal ideas and tips, visit www.eatbetteramerica.com/bestlife.

Strawberry-Orange Smoothies

Prep Time: 5 Minutes

Start to Finish: 5 Minutes

**1½ cups 8th Continent®
vanilla soymilk**

**1 bag (10 oz) Cascadian Farm®
frozen organic straw-
berries, partially thawed**

**1 medium banana, cut into
chunks**

**½ cup calcium-enriched
orange juice**

Honey, if desired

**1. In blender, place soymilk,
strawberries, banana and
orange juice. Cover and blend
on high speed about 1 minute
or until smooth. Sweeten to
taste with honey.**

**2. Pour into 2 glasses. Serve
immediately.**

2 servings

**High Altitude (3,500-6,500
ft): No change.**

**1 Serving: Calories 200
(Calories from Fat 25); Total
Fat 3g (Saturated Fat 0g);
Cholesterol 0mg; Sodium
130mg; Total Carbohydrate
37g (Dietary Fiber 5g); Protein
7g; % Daily Value: Vitamin A
10%; Vitamin C 170%; Calcium
30%; Iron 8%; Exchanges: 1½
Fruit, 1 Low-Fat Milk Carbo-
hydrate Choices: 2½**

