



Eat Well

Blueberry Soymilk Smoothie

Directions

Looking for an on-the-go breakfast you can whip up in minutes? Rich in antioxidants and healthy fats, this lightly sweet smoothie will kick-start your engine and tune up your ticker.

Combine all ingredients in a blender and blend until smooth.

*Check the ingredients label: It should contain only peanuts and salt, or even just peanuts.

Servings: 1

Nutrition information per serving:
Calories 285, Total Fat 13g,
Saturated Fat 2g, Sodium 132 mg,
Carbohydrates 31.5g, Fiber 6g,
Protein 11g.

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Ingredients

- » 1 cup unsweetened soymilk
- » 1 cup frozen blueberries
- » 1 Tbsp peanut butter with no added oil*
- » 1 tsp honey

