

Fruity Tofu Smoothie

This delicious frozen treat makes for a great breakfast or afternoon snack. It offers a tasty way to put heart-healthy tofu in your diet – you won't even know it's in there!

Ingredients

- 1 cup frozen fruit (such as mixed tropical fruit, peaches or strawberries)
- 1 T lemon juice
- 1 T honey
- 1 small ripe banana
- 1 cup orange juice
- 1/2 cup silken or soft tofu
- 1/2 cup plain low-fat yogurt

Preparation

1. In blender, purée together fruit, orange juice, tofu, yogurt, lemon juice, honey and banana until smooth.
2. Tip: Frozen bananas make smoothies thick and frosty. Wrap peeled ripe bananas tightly in plastic wrap and freeze.

Yield: 2 servings



Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 228

Fat 3.5g

Carbohydrate 42g

Dietary Fiber 3g

Protein 7.5g

Sodium 45mg

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