

Fruity Tofu Smoothie

Skip the strawberry shake in favor of this fruit-and-tofu smoothie.



Craving a cool, creamy shake but want to skip the fat and calories? This fruity smoothie makes a good breakfast or snack option and won't derail your healthy diet.

Ingredients:

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

Preparation:

In a blender, puree together fruit, orange juice, tofu, yogurt, lemon juice, honey and banana until smooth.

Tip: Frozen bananas make smoothies thick and frosty. Wrap peeled ripe bananas tightly in plastic wrap and freeze.

Nutrition Facts

Yield 2 servings

Amount Per Serving

Calories 228

Fat 3.5 g

Protein 7.5 g

Carbohydrates 42 g

Fiber 3 g

Sodium 45 mg

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