



Blueberry Tofu Smoothie

Ingredients

1. $\frac{3}{4}$ cup frozen blueberries
2. 1 ripe banana
3. 1 cup vanilla soy milk
4. 3 ounces silken tofu
5. $\frac{1}{2}$ cup orange juice (juice from 1 orange)
6. 1 teaspoon lime juice

Instructions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits under running water before preparing.
3. Combine all ingredients in a blender.
4. Puree until completely smooth.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Notes:

Add 2 to 3 more teaspoons of lime juice for more tartness. Freeze extra lime juice to use later. Can use other plant-based milks. Check the Nutrition Facts labels on different products to compare.