

Fruity Tofu Smoothie

Ingredients

1 cup milk

½ cup tofu, soft

1 banana, frozen or fresh

1 cup strawberries, frozen or fresh

Directions

1. In a blender add milk, tofu, banana and strawberries.
2. Blend until smooth.

Pour into glass and enjoy!

Makes 2 cups

Tip: If using fresh fruit add ice cubes.

