



Blueberry Tofu Smoothie



Prep time:
5 MIN



Yield:
4 servings



Serving Size:
1 cup

Ingredients:

- ¾ cup frozen blueberries
- 1 ripe banana
- 1 cup vanilla soy milk
- 3 ounces silken tofu
- ½ cup orange juice
- 1 teaspoon lime juice

Directions:

Combine all ingredients in a blender.
Puree until completely smooth.
Serve immediately.
Refrigerate leftovers within 2 hours.

Notes:

Add 2-3 more teaspoons of lime juice for more tartness.
Freeze extra lime juice to use later.