

Very Berry Smoothie

Makes 2 servings

Ingredients

½ package lite or regular silken tofu, drained

½ banana, peeled, sliced and frozen

½ cup orange juice

2 Tablespoons honey (optional)

¾ cup frozen unsweetened mixed berries

Mise en place! (Everything in its place)

Directions

1. Drain tofu by cutting along 2 edges and peeling corner up.
2. Place all ingredients in blender jar and puree.
3. If desired you may thin with soy milk, regular milk or juice.

Notes:

Store unused tofu in water, changing water every 2 days. Use within 5 days.

[Link to Video](#)