

Strawberry Banana Tofu Smoothie

Ingredients:

- ¾ cup soft silken tofu
- 1 cup fresh strawberries, sliced
- ½ cup light vanilla soy, light
- 1 large banana, sliced and frozen
- ¼ cup pineapple chunks



Nutrition Facts	
Serving Size 12 ounces (340g)	
Servings Per Container 2	
Amount Per Serving	
Calories 180	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 8g	
Vitamin A 4%	• Vitamin C 110%
Calcium 15%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



Directions:

1. Add liquid ingredients first (tofu, soy milk, pineapple juice concentrate), then add strawberries and banana.
2. Puree until smooth. Add ice for a cold smoothie.