



Energizing Smoothie

Serves: 8

Ingredients

- 1 ½ cups sliced ripe banana (approximately 3 bananas)
- 1 ½ cups frozen, sweetened sliced strawberries, partially thawed
- 1 ½ cups soft silken tofu, drained (about 3 oz.)
- 1 1/12 cups low-fat vanilla yogurt

Combine all ingredients in a blender or food processor and process until smooth.

Per serving: 180 calories, 2 g fat.