



# SOY BERRY SMOOTHIE

Makes 1 serving | Serving size: 1 smoothie

PREP TIME

**5 min**

COOK TIME

**0 min**

TOTAL TIME

**5 min**

*Don't be scared off by the first ingredient. Tofu acts as a great cream or yogurt alternative for those following a dairy-free or vegan diet. However, this smoothie is great for any diet. It's sweet, creamy and light.*

## Ingredients

- ½ pound (½ carton) silken tofu
- ½ frozen banana
- 1 cup frozen berries
- ¾ cup orange juice

## Directions

1. Blend until smooth.
2. Enjoy!

