

Berry Smoothie



$\frac{1}{2}$ carton silken (smooth) tofu
1 cup frozen mixed berries
6-oz nonfat yogurt (any flavor)
 $\frac{3}{4}$ cup orange juice
1 banana

Add ingredients to a blender and blend!

Serving Size (8 oz, makes 3.)

Calories 132 Fat 3g Protein 6g Carbohydrate 26g Dietary Fiber 3g