



Cool Summer Smoothie



- 1 package (8 ounces) Silken Tofu
- 1 medium ripe banana
- 1 cup orange juice
- 1/2 cup honey
- 1 1/2 cup fresh or frozen strawberries or fruit of choice
- 1 cup ice

Preparation

Blend together tofu, banana, orange juice, honey, and fruit until smooth. Add ice, then continue to blend until creamy. Serve immediately. Makes 8 servings. Freeze any remaining smoothie as popsicles for another day.