



Blueberry Protein Smoothie

Servings 2 | Prep time 10 mins. | Total time 10 mins.

Equipment: Blender, Measuring cups and spoons

Ingredients

- 3/4 cup frozen blueberries
- 1 ripe banana
- 1 cup skim milk
- 3 ounces silken tofu
- 1/2 cup orange juice (juice from 1 orange)
- 1 teaspoon lime juice, ~1/2 lime (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. Combine all ingredients in a blender.
3. Puree until completely smooth.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Nutritional Information:

Calories 180
Total Fat 2g
Sodium 70mg
Total Carbs 34g
Protein 8g