



# Blueberry Protein Smoothie

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

**Equipment:** Blender

**Utensils:** 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. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

## Nutritional Information:

Calories 180

Total Fat 2g

Sodium 70mg

Total Carbs 34g

Protein 8g