



Blueberry Protein Smoothie

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

Equipment: Blender Utensils: Measuring cups and spoons

Instructions

1. Combine all ingredients in a blender.

2. Puree until completely smooth.

Ingredients

3. Serve immediately.

- 4. Refrigerate leftovers within 2 hours.
- 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)

This institution is an equal opportunity provider. http://www.section508.gov/content/learn This material was funded by USDA's Supplemental Nutrition Assistance Program —SNAP.

Nutritional Information:

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