



## 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

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