



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