



# 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 low-fat milk  
1/4 16 ounce package silken tofu  
1/2 cup 100% orange juice  
1 teaspoon lime juice

## 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