

Fruity Tofu Smoothie

This simple dairy-free smoothie makes a healthy snack.



Ingredients:

¾ cup	Canned peaches (with liquid)	175 mL
1 medium	Banana	1 medium
½ cup	Silken tofu	125 mL

Directions:

1. Place peaches, banana, and tofu into a blender. Blend until smooth.

Makes 1 servings (425 mL/ 1 ¾ cup/ 432 g)

Nutrition Facts	
Per 1 recipe (375 mL/ 1 ½ cup/ 432 g)	
Amount	% Daily Value
Calories 260	
Fat 4 g	6 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 15 mg	0 %
Carbohydrate 52 g	17 %
Fibre 5 g	20 %
Sugars 35 g	
Protein 9 g	
Vitamin A	25 %
Vitamin C	30 %
Calcium	6 %
Iron	15 %