

SMOOTHIE MADNESS

Portions: 4

Preparation: 5 minutes

QUANTITY	INGREDIENTS	PREPARATION
1	banana	1. Blend all the ingredients in an electric blender and serve chilled.
500 ml (2 cups)	frozen fruit, partially thawed	
350 g	soft silken tofu	
375 ml (1 ½ cups)	milk or plain fortified soy beverage	

