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Soy Smoothies

Chef Paul Penney, www.callchefpaul.com

Makes about 4–5 8-ounce servings

With these great recipes, you can make your smoothies even healthier while adding more soy and tofu in your diet.

INGREDIENTS

Strawberry Banana Smoothie

- 1/2 box soft tofu (about 6 ounces)
- 2 cups frozen strawberries
- 1 banana, cut into pieces
- 1 cup vanilla soy milk
- 1 cup ice

Blend all ingredients together until smooth, then serve.

Blueberry Smoothie

- 1 box soft tofu (about 12 ounces)
- 4 ounces frozen blueberries
- 1 tablespoon honey
- 1/4 tablespoon vanilla extract
- 1 cup ice

Blend all ingredients together until smooth, then serve.

Mixed Fruit & Banana Smoothie

- 6 ounces vanilla soy milk
- 2 cups frozen mixed fruits
- 1 banana
- 1 teaspoon honey
- 1 cup of ice or if fruit is frozen .. omit

Blend all ingredients together until smooth, then serve.

Mango Smoothie

- 2 mangoes, diced and frozen
- 1 box soft tofu (about 12 ounces)
- 1 cup ice
- 1/2 cup vanilla soy milk

Blend all ingredients together until smooth, then serve.

You can add your favorite fruit, or add different fruits to make your perfect smoothie!