

## **Strawberry-Banana Smoothie**

(serves 1)



Silken tofu works well in blended recipes like smoothies. Tofu is a high-protein plant food.

### **Ingredients**

1/2 cup sliced strawberries (fresh or frozen) (approx. 5 strawberries)

Half a peeled banana, sliced (approx. 5 banana coins)

One quarter (of a 14- to 16-ounce container) of plain, silken tofu

### **Directions**

1. Wash hands.
2. Add strawberries, bananas, and tofu to a blender. Blend 1-2 minutes, or until mixture is smooth.

**Tips:** For a thinner smoothie, add up to 1/4 cup of soy milk or dairy milk.

**Nutrition Facts per serving:** 130 calories, 4g total fat (4g unsaturated fat), 0mg sodium, 21g carbohydrate, 3g fiber, 7g protein

*Recipe by Caitlin Mellendorf, MS, RD, Nutrition & Wellness Educator, 2019*

*The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at [go.illinois.edu/dmp](http://go.illinois.edu/dmp) or find us on Facebook or Twitter @uie\_DMP*