



Prep time: 5 minutes

Ingredients:

- 1/3 c. apple juice
- ½ c. (4 oz.) soft tofu, drained
- 1 c. fresh or frozen berries
- 1 banana
- 4 oz. nonfat fruit-flavored yogurt
- 1 tsp. honey
- 4 ice cubes

Utensils:

- measuring cups
- measuring spoons
- blender (you'll need help from your adult assistant)

Directions:

1. Place apple juice, yogurt, tofu, berries, banana, and honey in a blender. Cover and process until well blended.
2. While the blender is still running, drop ice cubes into the blender one at a time (through the hole in the lid) until smooth.
3. Pour the smoothies into tall glasses.

Serves: 2

Serving size: 1-1/3 cup