

Strawberry-Banana-Flax Seed Smoothie

simple
healthy
delicious

Ingredients

- *1-½ cups fresh strawberries, trimmed (8 ounces)*
- *½ medium banana, sliced*
- *½ cup soft tofu (about 4 ounces)*
- *2 tablespoons ground Nature's Earthly Choice™ Flax Seeds*
- *2 tablespoons skim milk*
- *2 teaspoons honey*
- *1 cup ice cubes*

Serving for: 2



Soft tofu lends silky texture and satisfying protein to this flavorful smoothie. Flax Seeds contribute fiber and a dash of omega-3 fatty acids.

Directions

1. *Combine all ingredients in a blender. Purée until smooth.*