

Strawberry Tofu Smoothie

submitted by ClaireKroenke



Per serving: 215 Calories • 23.6g Carbs (4g Fiber) • 7.2g Fat • 15g Protein

Ingredients

Ingredients scaled to: 2 smoothie

14 oz **Tofu** (397 grams)

2 cup, unthawed **Strawberries** (298 grams)

1 1/3 cup **Almond milk** (320 grams)

Directions

Directions are based on the original recipe of 1 smoothie

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!