

Tofu Smoothie

Recipe By *Estee Kafra*



Cooking and Prep:  20
m

Serves:  4

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegan, Low Fat, Low Carb, Vegetarian, Pescetarian

Source: Family Table by Mishpacha Magazine

Throw together the ingredients, take them for a spin in the blender, and you have a perfect any-time-of-day energy booster that is low in fat and oh, so refreshing!

Ingredients (5)

Main ingredients

- 1 14-ounce (400 grams) package frozen strawberries
- 12 ounce (340 grams) frozen mango cubes
- 8 ounces (225 grams) soft tofu
- 3 packets low calorie sweetener, such as Splenda
- 1 cup orange juice

Start Cooking

Prepare Smoothie

1. Blend ingredients in a blender and serve!