

TROPICAL BREAKFAST SHAKE

Yield: 2 Servings



TOTAL TIME: 5 minutes

INGREDIENTS

- 3 oz. (about ¼ cup) silken tofu
- 2 Tbsp. pure honey
- ½ cup 100% orange juice from concentrate
- 2 tsp. lemon juice
- 1 cup pineapple, chopped
- 1 small banana, sliced
- 6 ice cubes

PREPARATION

1. Combine all ingredients in blender; purée until well-blended and frothy, about 30 seconds.
Option(s): Garnish with cubed fruits such as mango, kiwi and raspberries on skewers.

NUTRITION

Per serving: Calories: 240; Fat: 2 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 56 g; Protein: 3 g; Sodium: 20 mg.

Recipe courtesy of Wegmans