



Banana-Cocoa Soy Smoothie

(With Soft/Silken Tofu)



Ingredients:

- 1 pack of AFC Soft Tofu (Choose from 3 different pack sizes: 14oz. Organic, 19oz. & 14oz.)
- 1 banana
- 1/2 cup of soy milk
- 2 tablespoons of cocoa powder
- 1 tablespoon honey

Directions:

Pre-cut soft/silken tofu into 10 oz. serving
 Set aside banana, do not put into food processor/blender yet
 Put all other ingredients into a food processor/blender
 Blend until ingredients become a smooth creamy texture
 Peel banana and put into food processor/blender
 Blend again until banana becomes a smooth creamy texture
 Ready to serve

