



# Tofu Fruit Smoothies

(With Soft/Silken Tofu)



## Ingredients:

- 4 oz. of AFC Soft Tofu (Choose from 3 different pack sizes: 14oz. Organic, 19oz. & 14oz.)
- 1 cup crushed ice
- 1 cup water
- 1/2 cup vanilla ice cream
- 1 cup strawberries -OR- bananas -OR- kiwis (preferably semi-frozen)
- Mint leaves

## Directions:

Pre-cut soft/silken tofu into 4 oz. serving.

Put all ingredients: tofu, ice, water, ice cream, and your choice of fruit into blender.

Blend until ingredients become a smooth creamy texture.

Garnish with mint leaves.

