

## Peachy Tofu Smoothie

### Ingredients:

1	1	ripe banana
300 g	10 oz	peach-mango-flavoured dessert tofu (or silken tofu)
250 mL	1 cup	canned peach slices, drained
250 mL	1 cup	orange juice

### Preparation:

1. In a blender, on high speed, blend banana, tofu, peach slices and orange juice until smooth.

Makes 4 cups

Preparation Time: about 5 minutes

### Equipment:

- can opener
- blender

### Canada's Food Guide Servings:

1 serving of smoothie is 1 VEGETABLES  
AND FRUIT serving and 1 MEAT AND  
ALTERNATIVES serving

