

# Banana-Berry Smoothie



*This bright and easy breakfast packs two servings of fruit plus soy protein and fiber.*

*Prep Time: 5 minutes*

*Total Time: 5 minutes*

*Servings: 3, 1 cup each*

## ***Ingredients***

- 1 ¼ cups orange juice
- 1 ripe medium banana, peeled & sliced
- 1 cup frozen blueberries, blackberries or raspberries
- ½ C silken tofu
- 2 ice cubes, crushed
- 1 Tbsp sugar (optional)

## ***Preparation***

1. Combine orange juice, banana, berries, tofu, and crushed ice in a blender; cover and blend until smooth and frothy. Sweeten with sugar, if desired.
2. Serve immediately

## ***Servings per Recipe: 3***

Nutrition (per 1 cup serving, without optional sugar): 135 calories, 2g total Fat (0g sat, 0g mono), 0mg cholesterol, 27g carbohydrates, 0g added sugars, 4g protein, 3g fiber, 19mg sodium, 376mg potassium

*Recipe from [eatingwell.com](http://eatingwell.com)*