

Breakfast Smoothies

BANANA BERRY SMOOTHIE

INGREDIENTS:

- 1 1/4 cups orange juice
- 1 ripe medium banana, peeled and sliced
- 1 cup frozen blueberries, blackberries or raspberries
- 1/2 cup silken tofu
- 2 ice cubes, crushed (see Tip)
- 1 tablespoon sugar (optional)

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

METHOD

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

Tip: An easy way to crush ice is to place cubes in a heavy-duty plastic bag and break them with a rolling pin.

*Recipes and photo Courtesy
of Eating Well
www.eatingwell.com*

PINEAPPLE GREEN SMOOTHIE

INGREDIENTS:

- 1/2 cup unsweetened almond milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices
- 1/2 cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

METHOD

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth



*Banana Berry
Breakfast Smoothie*