



Strawberry Tofu Smoothie

*A dairy-free and lactose-free alternative to the ubiquitous summer smoothie, silken tofu contributes to the smooth texture while adding an extra boost of protein. This smoothie also contains a winning combination of **vitamin A, vitamin C, calcium, and iron** from the berry and soy duo. Frozen strawberries can easily be substituted when not in season.*

Prep: 10 minutes • Total: 15 minutes

Ingredients:

Original Soy Milk	2 ½ cups	625 mL
Fresh Strawberries	2 cups	500 mL
Silken Tofu (cubed)	½ cup	125 mL
Granulated Sugar	1 Tbsp	15 mL
Vanilla Extract	1 tsp	5 mL
Ice Cubes	As needed	

Directions:

1. Add all ingredients into a blender and purée until smooth.
2. Add ice cubes as needed to reach desired consistency.
3. Serve immediately.

Nutrition Facts

Serving Size (550g)		Servings Per Container	
Amount Per Serving			
Calories 290	Calories from Fat 70		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 135mg	6%		
Total Carbohydrate 36g	12%		
Dietary Fiber 4g	16%		
Sugars 23g			
Protein 19g			
Vitamin A 40%	• Vitamin C 140%		
Calcium 35%	• Iron 20%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4
			• Protein 4

Adapted from: Canadian Living

Makes 2 servings (550 g / serving) • 1 serving = ½ recipe

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