Tropical Fruit Smoothie

in a new light

Makes: 4 servings
Prep Time: 15 minutes
Difficulty: Easy

Ingredients:

• 1 1/2 cups skim milk
• 1/2 cup roughly chopped firm tofu (about 2 ounces)
• 1/2 cup frozen papaya chunks
• 1/2 cup frozen pineapple chunks
• 3/4 cup frozen mango chunks
• 1 tablespoon honey
• 1 teaspoon fresh lime juice
• 1/4 teaspoon vanilla extract

Directions:

Place all the ingredients in a blender. Blend, pulsing the machine if necessary, until smooth. Make sure the honey is dissolved. Serve immediately.

Nutritional Information: Per serving (3/4 cup): 100 calories, 1 g fat (0 g saturated, 0 g trans), 0 mg cholesterol, 50 mg sodium, 20 g carbohydrate, 1 g fiber, 5 g protein.