**TOFU BANANA BERRY SMOOTHIE**

Adapted from [marthastewart.com](http://marthastewart.com).

**INGREDIENTS**

- 1 package (10 ounces) frozen, unsweetened strawberries, thawed
- 1 cup plain soymilk
- 1 small ripe banana, peeled and sliced
- 1/4 cup honey
- 1 package (12 ounces) silken soft tofu, drained
- 2 tablespoons fresh lemon juice
- Pinch of salt

**METHOD**

In a blender, puree berries until smooth. Remove, and rinse blender.

Combine the remaining ingredients in the blender.

Puree until smooth and thoroughly mixed, scraping down sides with rubber spatula as necessary.

Divide among glasses and spoon strawberry puree on one side of each glass. Serve immediately or store in the refrigerator. If refrigerating, whisk to recombine just before serving.

Note: You also can try substituting blueberries or raspberries for the strawberries, or you can experiment with other soft fruits like mangos and peaches. This shake stores well in the refrigerator for up to 3 days.