

Silken Tofu Blueberry Smoothie

Web Recipe · Breakfast · Smoothie · GF

370 cal · 22g protein · 40g carbs · 13g fat · 1 serving

Ingredients

- 1/2 block (175g) silken tofu
- 1 cup frozen blueberries
- 3 tbsp hemp seeds
- 1 small frozen banana
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla extract

Instructions

1. Add almond milk, silken tofu, and hemp seeds to a blender.
2. Add frozen blueberries, frozen banana, and vanilla extract.
3. Blend on high until completely smooth, about 60-90 seconds.
4. Pour into a glass and serve immediately. No protein powder needed!

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