

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!
-

Generated by Meal Planner · Per serving macros