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|  | **Ingredients** | **Step** |
| Tropical Smoothie | 1 cup  nonfat or 1% **milk**  2 cups  **pineapple** chunks (fresh, frozen or canned and drained)  1  **banana**  1 cup  cold **water** | 1. Drain and press tofu to remove extra liquid.  Crumble; set aside. 2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes. 3. Add spinach, garlic, salt and pepper.  Stir to combine. 4. Add tofu; cook and stir until heated through.  Sprinkle cheese over the top.  Serve hot. 5. Refrigerate leftovers within 2 hours. |