

# Creamy Berry Smoothie

MIND foods: Berries, nuts, beans

Serves 2

Time: 5 minutes

Difficulty: Easy

## Method

1. Combine all ingredients in a blender.
2. Pulse until fully combined.
3. Additional ice cubes may be added for a colder temperature or thinner consistency, according to preference.

## Ingredients

- 1 cup fresh or frozen strawberries
- 1 cup fresh or frozen blueberries
- ½ cup soft tofu, drained
- 1 T almond butter
- ½ cup unsweetened almond-coconut milk
- 1-4 ice cubes, to taste



## Notes

This vegan smoothie gets its creaminess from the soft tofu. Look for soft tofu set with calcium for a calcium boost.