

# TONZU

PLANT-BASED WHOLEFOODS

## Tofu Fruit Smoothies

Serves 2 people

Our TONZU Tofu makes the smoothest smoothie! Tasty and refreshing it's a nutritious breakfast, afternoon snack or protein shake after your workout!

**Difficulty Level:** Easy

**Prep Time:** 5 minutes

**Cook Time:** 0 minutes

**Total Time:** 5 minutes



### INGREDIENTS

- 300g TONZU Organic Tofu
- 1 cup apple cider vinegar, unsweetened orange or pineapple juice
- 1 banana
- 1 tbsp honey or sweetener of your choice
- 1 tsp vanilla extract
- ½ cup fruit of your choice, try strawberries, blueberries, papaya, mango, dates, nectarines, pineapple, peaches, plums, raspberries etc
- ¼ cup ice

### HOW TO MAKE

1. Blend all the ingredients well until nice and smooth. Choose whichever combinations of fruits sound good to you, the possibilities are endless!
2. Swap out the fresh fruit and ice for frozen fruit instead.