



Strawberry Banana Smoothie

Ingredients:

- 1 cup of frozen strawberries
- 1 ripe banana
- 1 cup of ice
- ½ cup of water
- ½ cup of soy milk
- 3 tablespoons of sugar
- 3 ½ oz. of silken soft tofu
- ½ teaspoon of vanilla extract

Instructions:

1. Combine all ingredients into the blender and blend until smooth; stir if necessary.

Variations:

- If you don't like soy milk, you can substitute low fat cow's milk or unsweetened almond milk.
- If you don't have tofu, use low fat Greek yogurt instead.
- Try other frozen fruits such as blueberries, raspberries and mangos in your smoothies!

Prep Time: 8 minutes

Cooking Time: 0 minutes

Equipment:

blender
drinking glasses
measuring cups and spoons
spatula or large spoon

Servings: 3

Serving Size: 1 cup



Nutrition Facts: 140 Calories, 1/5 g Fat, 0 g Saturated Fat, 30 g Carbohydrates, 4 g Protein, 2 g Fiber, 22 g Sugar, 30 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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