

Beverage

Mango-Strawberry Smoothie

Family Circle Magazine - September 2011

Servings: 3

Preparation Time: 10 minutes

1 1/2 cups orange juice, chilled

1/2 package (12.3 oz) light silken tofu, chilled and drained

1 medium (1 cup) mango, pitted, peeled and chopped

1 cup frozen unsweetened whole strawberries

fresh mango chunks (optional)

fresh whole strawberries (optional)

orange sections (optional)

In a blender, combine the orange juice, tofu, chopped mango and strawberries.

Cover and blend until smooth.

If desired for garnish, thread the mango chunks, strawberries and orange sections on small skewers. Add a skewer to each serving.

Serve immediately.

Yield: 3 8-ounce servings

Per Serving (excluding unknown items): 101 Calories; trace Fat (3.6% calories from fat); 1g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 1/2 Fruit.