

# **Banana-Berry Smoothie Soup**

Publix Aprons

**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 45 minutes**

**Freezing Time: 30 minutes**

**1 large ripe banana**

**2/3 cup frozen unsweetened whole strawberries**

**1/4 cup frozen blueberries**

**2 ounces tofu, drained**

**8 ounces (1 cup) low-fat vanilla yogurt**

**3/4 cup fat-free milk**

**1/2 cup granola**

**1/4 cup fresh or frozen blueberries (optional)**

Cut banana into chunks. Freeze for 30 minutes or until firm.

In a blender, combine banana, frozen strawberries, frozen blueberries, tofu, yogurt and milk. Cover and blend until smooth. Pour into soup bowls.

Top with granola and additional blueberries, if desired.

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Per Serving (excluding unknown items): 90 Calories; 5g Fat (46.0% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 Fat; 0 Other Carbohydrates.