The Hulk Smoothie

Recipe

- 3/4 cup skim milk
- 150g (1 package) Sunrise Almond Flavour Tofu
- ½ cup frozen blueberries
- ½ cup spinach

Makes 1 serving

Instructions

1. Add tofu, blueberries and spinach to blender.
2. Add in milk.
3. Blend.
4. Serve! 😊

Nutrition Sound Bites!

- Smoothies:
  - Are a great way to pack in protein, fibre, vitamins and minerals into one yummy slurp!
  - Make a great quick breakfast or after school snack.
  - Can be eaten at home or taken on the go!
  - Looking for versatility! Consider freezing smoothies in Popsicle trays to make a delicious frozen treat!