

Antioxidant Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz [140 g] Firm Tofu (*cut into in small cubes*)
- 0.5 cup, without pits [72.5 g] Sweet Cherries
- 0.5 cup [72.5 g] Blueberries
- 1 cup [30 g] Spinach
- 1 cup [237 g] Water (*and Ice*)
- 1 tbsp [14 g] Chia Seed

DIRECTIONS

1. Add everything but the chia seeds to the blender and blend on high for 30 second to 1 minute.
2. Pour into a glass and mix in chia seeds and enjoy.

NUTRITION INFO

Calories : 270.5

Fat : 12.01 g

Carbs : 31.7 g

Protein : 15.67 g

Fiber : 9.95 g