

# Berry fresh smoothie

A delicious smoothie made with fresh Ontario fruit, milk and soft dessert tofu instead of yogurt, is a great way to start the day.

## Ingredients

- 1 package Sunrise Dessert Tofu in a flavor of your choice (options include peach mango, coconut, almond, banana, custard)
- 1 medium banana, ripe
- 1 cup fruit juice (eg. orange juice)
- 1/2 cup of 1% or 2% milk
- 4 Ontario strawberries
- Small handful of Ontario blueberries

## Directions

1. Combine all ingredients in a 5.0 L (5 quart) slow cooker.
2. Cook on low for 8 - 10 hours.
3. Enjoy!

Yield: 1 cup  
Prep time: 5 minutes  
Cook time: 5 minutes

**#TrainWithGrainsTip:**  
Feel free to mix up your smoothie with your favourite Ontario fresh picked fruit, or substitute different flavours or textures of tofu for something new.



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