

Blast O' Berry Smoothie

From Healthy in a Hurry, Jean Pare, Company's Coming, 2007

2 cups chopped papaya

2 cups fresh or frozen blueberries

300 g peach mango dessert tofu

1 cup pineapple juice

½ cup low fat plain yogurt

1. Process all 5 ingredients in a blender or food processor until smooth.

**Serves four. Per Serving
Calories 164, Protein 5 g, Fat 2.3 g, Fiber 4 g**

