



## **Strawberry Smoothie**

### **Ingredients:**

2 cups strawberry flavored yogurt (we like Greek Yogurt.)

½ square of firm tofu (save the other half for later in the week.)

2 packages thawed strawberries

1 cup milk

1 Tbsp Honey

1 tsp Lemon Juice

Combine ingredients in blender. Mix thoroughly. Chill.