**TOFU SMOOTHIES**

**HEALTH CONCERN: OSTEOPOROSIS**

**Ingredients:**

1 ½ c. skim milk

1 c. silken tofu

2 c. whole strawberries

2 c. fozen berries

¼ c. honey

1 tsp. vanilla

**Directions:**

1. Place all ingredients into a blender.
2. Mix on high until smooth.
3. Make two batches (make this recipe twice). Do not try and put both batches in the mixer at once. It will not fit!