

Strawberry-Almond Smoothie

A simple and satisfying smoothie

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

8 – 12 oz (240 to 360 ml) Nonfat Milk, Soy Milk or Almond Milk

1/2 Cup (4 oz) Silken Tofu

10 Frozen Whole Strawberries

DIRECTIONS

Mix together in blender.

