Blueberry Smoothie

- A high calorie, high protein recipe using all whole foods.
- Helpful to sip throughout the day if treatment has left you less than hungry.
- Tofu helps to create a smooth texture as well as add protein!
- Ingredients can be substituted as desired (different fruit, regular milk or Lactaid in place of almond milk, protein powder in place of tofu).
- Recipe from www.cookforyourlife.org

Ingredients:
- ½ cup Flax Seeds
- 1 cup Frozen Blueberries
- ½ cup Silken Tofu
- 2 tablespoons Agave Nectar
- 1 cup unsweetened Almond milk
Directions:

1. Add flax seeds to a blender. Blend the seeds until they form a powder/paste (if your blender is not very powerful, add 1/4 cup almond milk at this point).

2. Add the blueberries, tofu, agave and almond milk to the blender and puree until all of the ingredients are combined, about 2 minutes. Makes about 3 cups.

Nutrition Information per 1 cup serving:
435 calories, 18 gm protein, 25 gm fat, 65 gm carbohydrate, 12 gm fiber