



## Banana Nut Smoothie

### Ingredients

- 1 cup almond milk beverage or milk
- 1/2 cup (125 mL) soft (silken) tofu
- 1 frozen banana
- 1 tbsp (15 mL) peanut or other nut butter

### Equipment:

- Blender
- Knife
- Spoon
- Measuring cup (liquid)
- Measuring cups (dry)
- Measuring spoons

### Directions

1. In a blender, combine almond milk, tofu, banana and peanut butter.
2. Blend until smooth.