

Strawberry "Yogurt"

Preparation Time: 10 minutes

Complexity: Easy

1 cup tofu, silken, firm
2 cups strawberries, whole, frozen
1 tbsp honey



1. Place tofu and strawberries in a blender and blend until very smooth.
2. Add honey. Blend well.
3. Serve in a bowl garnished with fresh sliced strawberries, or may use as a topping over muesli or granola.

CHIP Tips:

- You may choose or substitute maple syrup for the honey.

Serves: 3

Nutritional Information

1 Cup Serving	83 Calories	2g Prot (11%)	20g Carb (85%)	0g Fat (4%)	12g Sugar
	3g Fiber	27mg Sodium	0mg Cholesterol	34mg Calcium	