

Protein Power Smoothie



Prep Time: 5 minutes

Yield: 16-oz. smoothie

Ingredients

- 1 cup silken tofu
- 1 banana
- 1 cup fresh blueberries, frozen
- 2 tsp. pure maple syrup
- 1½ tbsp. [Gustare Wild Blueberry Balsamic Vinegar](#)

Directions

Process all ingredients in blender until smooth and well incorporated. Enjoy immediately!

Note:

- Avoid using ice in smoothies. It melts and simply dilutes flavor. Instead, freeze portions of fresh fruit for later use in smoothies. In this case, the recipe's half cup of pineapple, if frozen, is all you'll need to ensure the resulting drink will be ice cold, thick and incredibly flavorful.
- Blueberries not your preference? Just substitute your favorite fruit and corresponding balsamic vinegar to create your own protein power smoothie. Any berries or tropical fruits provide fantastic alternatives.