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Strawberry Smoothie

what you'll need...

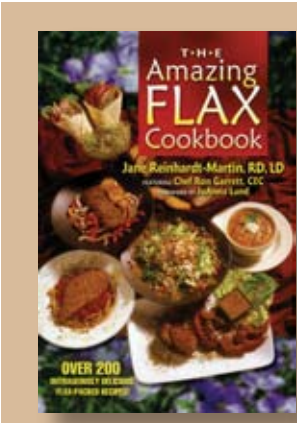
- 6.3 oz extra firm tofu
- 1/3 cups apple juice concentrate (frozen)
- 12 oz. strawberries (fresh or frozen)
- 1/3 cup whole flax seed or 1/2 cup ground flax seed
- 1 1/2 cup skim milk

A recipe just for you...from goldenflax.com!

1. Blend tofu, milk, apple juice and strawberries together in a blender until smooth (add crushed ice if strawberries are fresh)
2. Add flax and blend for 10 seconds

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The Amazing Flax Cookbook
 by Jane Reinhardt-Martin, RD, LD

- Over 200 flax recipes including breakfast foods, soups, casseroles, Mexican dishes, comfort foods, Italian dishes, smoothies, main dishes, salads, desserts and more!
- Plus, practical tips on how to cook and bake successfully with flax.

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