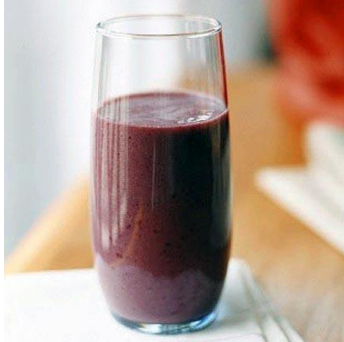


Another Healthy Recipe from



Blackberry Mango Breakfast Shake

Sneak silken tofu into a sweet-tart breakfast shake to keep energy high from morning through the 3pm afternoon slow-down. This is a great way to get extra protein and fiber past pickier palates.

INGREDIENTS

- 1 1/2 cups frozen blackberries
- 1 cup refrigerated mango slices (such as Del Monte)
- 1 cup (about 6 1/2 ounces) low-fat tofu (such as Silken soft)
- 1 cup orange juice
- 3 tablespoons honey

HOW TO MAKE IT

1. Combine all ingredients in a blender; process until smooth.