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▶▶▶▶ January 2013 ◀◀◀◀

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Mango-Strawberry Smoothie

Total Time: 10 mins

Ingredients

- 1 1/2 cup(s) orange juice
- 1/2 package(s) tofu, silken-style firm, light
- 1 mango(es)
- 1 cup(s) strawberries, unsweetened whole
- orange(s)
- mango(es)



Preparation

1. In a blender, combine orange juice, tofu, the cut-up mango, and the 1 cup strawberries. Cover and blend until smooth. If desired, for garnish, thread additional mango chunks, strawberries, and orange sections on 3 small skewers. Add a skewer to each serving. Serve immediately.