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# Banana-Cocoa Soy Smoothie

**Prep Time:** 5 mins

**Rest Time:** 30 mins

**Total Time:** 35 mins

## Ingredients

- 1 medium banana(s)
- 1/2 cup(s) tofu, soft silken-style
- 1/2 cup(s) soy milk
- 2 tablespoon cocoa powder, unsweetened
- 1 tablespoon honey

## Preparation

1. Slice banana and freeze until firm.
2. Blend tofu, soy milk, cocoa and honey in a blender until smooth.
3. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.