

TOFU CITRUS SHAKE

Ingredients:

- 1 pkg tofu, soft (12 oz.)
- 3 T pineapple, crushed, canned
- 1 C orange juice, frozen concentrate
- 1 tsp orange extract
- 1 C crushed ice
- 1 tsp pineapple extract

Directions:

1. Put all ingredients except ice into a blender and blend until smooth. Add ice and blend for another 15-20 seconds.
2. Pour into glasses and serve cold.

Serve immediately.

Serves 4.