

# Tropical Fruit Smoothie



## INGREDIENTS

- 2 cups soy milk or skim milk
- 2/3 cup roughly chopped firm tofu (about 2 1/2-ounces)
- 1/2 cup **La Fe frozen pulp papaya**, chopped into small pieces
- 1/2 cup **La Fe frozen pulp pineapple**, chopped into small pieces
- 1/2 cup **La Fe frozen pulp mango**, chopped mango into small pieces
- 1 tablespoon honey, plus more to taste 1/4 teaspoon vanilla extract

## DIRECTIONS

Place all the ingredients in a blender. Blend, pulsing the machine if necessary, until smooth. Make sure the honey is dissolved. Serve immediately.



