

SWEET TOFU YOGHURT

Ingredients:

- *300gms soft tofu, drained
- *1/2 cup blueberries
- *1/2 cup strawberries
- *1 tbsp lemon juice
- *1/4 tsp vanilla extract

Directions:

Place all ingrediants in a blender & blend until smooth.

Refrigerate before serving....Enjoy!!

(This low-calorie yoghurt provides quality protein & is choc full of isoflavones, plant compounds thst help reduce belly fat..)