



Wild Blueberry Meal Replacement Smoothie

By Erin Hendrickson, Best Bite Ever

Ingredients for 1 serving:

- 1/2 cup (125 ml) frozen wild blueberries
- 1/2 cup (125 ml) fresh strawberries, sliced
- 3/8 cup (85 grams) silken tofu
- 2/3 cup (165 ml) unsweetened almond milk (or milk of choice)
- 2 tbsp (30 ml) pure maple syrup
- 1-2 tsp (5-10 ml) flax seeds, ground
- 1 tbsp (15 ml) chopped pecans and/or almonds



Directions:

1. In a small bowl, mix together flax seeds and chopped pecans and/or almonds. Reserve a teaspoon for garnish.
2. Blend tofu and maple syrup. Reserve a dollop for garnish.
3. Blend the almond flax seed mixture (saving some for garnish), the tofu mix (saving some for garnish) with the remaining ingredients until smooth.
4. Pour into smoothie glass and top with garnishes. Serve immediately.

-30-

Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberries.com). For more information, recipes, visuals or to schedule an interview with a spokesperson from the Wild Blueberry Association of North America, please contact Sally Matteo or Susan Willemsen at The Siren Group Inc. Tel: 416-461-5270. E-mail: sally@thesirengroup.com or susan@thesirengroup.com. Visit: www.thesirengroup.com or on [Twitter](#) or [Instagram](#) @thesirengroup.