



early childhood community development centre

Tofu Milkshake

Ingredients

- 1 package silken tofu
- 1 cup milk
- 2 bananas
- 4 tbsp orange juice concentrate
(frozen, water not added)

Directions

Put ingredients in a blender and mix. Serve immediately as milkshake separates.

For more great day care recipes, visit www.eccdc.org
