

**Health Corner TV®**  
**Chef MD®: Breakfast Smoothie**

**Food as Medicine™ Tip:** A chocolate Kiss-sized serving of dark chocolate is enough to benefit your blood pressure.

**Culinary Taste Tip:** The best way to eat chocolate is very slowly, and the best reason to eat it is that you love its texture, taste and aroma.

**Culinary Technique Tip:** Use silken tofu rather than regular tofu; it blends and whips like yogurt.

**Dark Chocolate, Dark Coffee Strawberry Breakfast Smoothie**

**Preparation time:** 10 minutes

**Cooking time:** 0 minutes

**Servings:** 3 (1 cup each)

**Calories:** 99 per serving (13% from fat)

**Ingredients:**

1 cup low fat strawberry kefir

4 ounces cubed lite silken tofu

1 cup frozen organic strawberries

1/2 cup brewed filtered coffee (at room temperature or chilled)

2 teaspoons unsweetened cocoa powder---look for Scharfennberger, which is not Dutched.

2 small scoops (1/8 teaspoon total) stevia powder

**Preparation:**

Place kefir and tofu in a blender container. Cover; blend until smooth, about 15 seconds. Add remaining ingredients. Cover; blend until smooth, about 30 seconds.

**Substitutions:**

Frozen blackberries or raspberries may replace the strawberries and 1 tablespoon agave nectar, such as Madhava brand may replace the stevia powder. Look for lowfat kefir, such as Lifeway brand and lite silken tofu, such as Nasoya brand in many supermarkets and at Whole Foods Markets.

**Tip:**

Store any leftover brewed coffee in the refrigerator up to 1 day to use in this flavorful smoothie.

**Nutritional Analysis:**

Total fat (g): 1.6; Fat calories (kc): 14; Cholesterol (mg): 3; Trans fatty acids (g): 0; Saturated fat (g): 0.5; Polyunsaturated fat (g): 0.2; Monounsaturated fat (g): 0.4; Fiber (g): 2.2; Carbohydrates (g): 14; Sugar (g): 9.7; Protein (g): 7; Sodium (mg): 42; Calcium (mg) 42.