

Strawbanana Tofu Treat



Tofu.... So what is it? ¹

- **Answer:** Some say it is bean curd. But a more accurate response is soybeans are soaked, ground up, and cooked. The soy milk is separated and then poured into a pan. Here a thickener is added and bean curd forms. Simply stated – tofu is a custard-like food made from soybeans.
- **Answer:** The Chinese have used tofu for over a thousand years to convert vegetable dishes into well-balanced meals.

Tofu.... It doesn't look good to eat, so why should we add it to our diet?

- **Answer:** Tofu is a rich form of protein and lower in calories and saturated fat than most other protein sources. Tofu contains no cholesterol and is lactose-free. Remember to check the label to see what percent of fat it contain – get the lowest.
- **Answer:** Research is showing that tofu may lower cholesterol levels and even reduce the risk of getting certain types of cancer. But like everything – Add in moderation.

Tofu.... So how does it taste?

- **Answer:** Tofu is very bland but acts like a sponge and absorbs various flavors from all the other ingredients.

Tofu.... Where can I buy it? What should I look for?

- **Answer:** Buy tofu that is creamy white and firm, but not hard. It is usually stored in the produce section. Keep it refrigerated and be sure to check the expiration date.

Strawbanana Tofu Treat Lab

Name _____ Kitchen # _____

Remember Your FCS Lab Rules

- No Gum
- Roll up long sleeves (or remove).
- Wash hands; fill sink with hot soapy water; get towels.
- Assign jobs; work quietly.
- Complete all clean-up jobs before the end of the period.
- Use Teamwork skills – That includes all Character Count Pillars! (Keep in mind this is your job training at school.)

Recipe and Directions

Lab Partner Assigned to Complete Task	Tasks
<i>Set up blender</i>	
<i>Measure and put the following ingredients in the blender:</i>	
1.	¾ cup frozen or fresh strawberries
2.	1 small banana
3.	½ cup crumbles, soft tofu (low fat)
4.	½ cup orange juice
5.	1 Tablespoon honey
<i>(Other favorite fruits may be added.)</i>	
6.	Blend all ingredients.
7.	Add 1 cup chopped ice. Blend
8.	Pour in glasses.
9.	Enjoy!
Clean-Up all equipment and area. Check with teacher. Return equipment and supplies to correct spot for the next group of students. Thanks!	

Note: How about trying a few substitutions . . .



- For more calcium, use nonfat yogurt or ice cream.
- Want a tart flavor? Try adding cranberries and oranges.
- Bananas, papayas, and mangoes will give this beverage a more tropical flavor.

- Have any more ideas? Be creative! Just remember that whole fruits – not juices – will add fiber to your diet.

¹ *Adventures in Food and Nutrition!* By Carol Byrd-Bredbenner and *The Great Food Almanac* by Irena Chalmers