

Tempeh Smoothie

- 40 oz of tempeh Sous Vide or steam @ 170 degrees Fahrenheit – reach 165 degrees internal temperature
- 1 pineapple diced
- 1 melon diced
- 1 shell of strawberries
- juice 10 blood oranges, take the pulp from the oranges and also add it to the blender
- 1 cup agave nectar

Put all ingredients into blender should make up to 12 quarts

Topping Ideas:

- toasted coconuts
- granola
- fried plantains
- strawberry coulis (see below for instructions)
 - 1 shell strawberries
 - 1 cup sugar
 - 1/2 cup orange juice
 - Put into a saucepan, heat on medium until sugar is dissolved, remove from heat blend and then cool