



## Pineapple Berry Smoothie

### Ingredients

- 1 cup low fat plain yogurt
- 1 (20-ounce) can crushed pineapple, undrained
- 1 banana
- 1 cup pineapple juice
- ½ cup fresh *or* frozen strawberries *or* raspberries
- ½ cup ice cubes (8-12)

Makes 4 servings

### Instructions

1. Combine all ingredients in a blender *or* food processor.
2. Cover and blend until smooth.

### Nutrition Facts

Serving Size 1 1/2 cup	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories 190</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 42g</b>	<b>14%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 35g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 70%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

5% calories from fat

**Source:** Adapted from: Dannon Yogurt.

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