



Pineapple Raspberry Eye-Opener

Ingredients

- 1½ cups 1% milk
- 1 cup fresh raspberries, unsweetened
- 1 (8-ounce) can crushed pineapple, drained
- ½ cup low fat plain yogurt
- 2 Tablespoons sugar
- ½ teaspoon vanilla or almond extract
- 6 ice cubes

Makes 5 servings

Instructions

1. Combine all ingredients in blender and blend until smooth and frothy.
2. Serve immediately,

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 5g	
Vitamin A 4%	• Vitamin C 20%
Calcium 15%	• Iron 2%
*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	

14% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

February 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

