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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 - 5% calories from fat

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	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 4g	
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	

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