

summer breeze smoothie

Ingredients

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup pineapple, crushed,
canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes



1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Yield 3 servings, **Serving Size** 1 cup, **Calories** 121, **Total Fat** 0g, **Saturated Fat** 0g, **Cholesterol** 1mg, **Sodium** 64mg, **Total Fiber** 2g, **Protein** 6g, **Carbohydrates** 24g, **Potassium** 483mg



National Heart, Lung,
and Blood Institute