

Pineapple Banana Smoothie

Ingredients:

1 banana, peeled
 10 ounces strawberries, frozen
 3 ice cubes
 14 ounces pineapple chunks in juice

Equipment:

Blender
 Can Opener

Number of Servings: 4
 Prep Time: 5 minutes
 Total time: 5 minutes

Directions

Add all ingredients to blender and blend until smooth.



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Nutrition Facts

Serving Size: 1 cup
 Servings: 4

Amount Per Serving		Calories from Fat 0	
Calories 142			
%Daily Value*			
Total Fat trace g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 3mg			0%
Total Carbohydrate 37g			12%
Dietary Fiber 3g			11%
Protein 1g			2%

Vitamin A 13% Vitamin C 67%
 Iron 4% Calcium 2%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.