



Orange Pineapple Banana Smoothie

Ingredients:

- 15 ounces pineapple, in juice, crushed
- 6 ounces vanilla yogurt, low-fat
- 1 banana, peeled
- 8 ice, cubed
- 1 cup orange juice

Equipment:

Measuring cup Cutting Board Knife Blender

Number of Servings: 2 Prep Time: 10 minutes Total time: 10 minutes

Directions

- 1. Open pineapple and pour into blender container. Add container of yogurt.
- 2. Peel one banana and break into chunks, add to blender container.
- 3. Add 8 ice cubes.







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Nutrition Facts Serving Size: 1 1/2 cups

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Calories 237		Calories from	Fat 18
		%Daily	Value*
Total Fat 2g			3%
Saturated Fa		4%	
Cholesterol 4r		1%	
Sodium 67mg		3%	
Total Carbohy	52g	g 17% 12%	
Dietary Fiber			
Protein 6g			12%
Vitamin A	7%	Vitamin C	142%
Iron	5%	Calcium	18%

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