



# **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%            |        |
| <b>Total Carbohy</b> | 52g | g 17%<br>12%  |        |
| Dietary Fiber        |     |               |        |
| Protein 6g           |     |               | 12%    |
| Vitamin A            | 7%  | Vitamin C     | 142%   |
| Iron                 | 5%  | Calcium       | 18%    |

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