

# Eat Smart • Move More

## Berry Purple Smoothie

Prep Time: 5 minutes

Total Time: 5 minutes



### Ingredients

- 20 ounces pineapple chunks  
canned in juice, drained
- 2 cups frozen blueberries
- 1 ½ cups ice
- 6 ounces low-fat vanilla yogurt

### Nutrition Facts

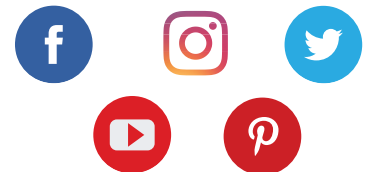
4 servings per container	
<b>Serving size</b>	<b>1 serving (350.39g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 30g	
Includes g of Added Sugars	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 82mg	<b>6%</b>
Iron 1mg	<b>4%</b>
Potassium 136mg	<b>2%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ For a fun way to eat a smoothie, freeze it in a popsicle mold!
- ▶ Toss in a ripe banana to sweeten your smoothie and make it creamy.
- ▶ Not all smoothies are cold. There are a variety of hot smoothie recipes available.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

### Directions

- Combine all ingredients in a blender and process until smooth.
- Serve immediately. NOTE: The smoothie can also be stored in a refrigerator. Cover and place in the refrigerator for up to 24 hours.

(Recipe adapted from: <http://blog.katescarlata.com>.)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)