

# Eat Smart • Move More

## Licuada de Moras Azules

Tiempo de Preparación: 5 minutos

Tiempo Total: 5 minutos



### Ingredientes

- 20 onzas de piña en trozos enlatada en jugo, escurridas
- 2 tazas de moras azules congeladas
- 1 ½ taza de hielo
- 6 onzas de yogurt de vainilla reducido en grasa

### 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>
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<b>Total Fat</b> 1g	<b>1%</b>
Sat. Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholest.</b> <5mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carb.</b> 35g	<b>13%</b>
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>

\*%DV = %Daily Value

### Preparación

- Combinar todos los ingredientes en una licuadora y procesar hasta obtener una consistencia suave.
- Servir inmediatamente. NOTA: El licuado también puede conservarse en el refrigerador. Cubrir y colocar en el refrigerador hasta por 24 horas.

### Consejos Rápidos

- ▶ Para lograr una forma divertida de tomar un licuado, ¡congélelo en un molde para paletas!
- ▶ Coloque una banana madura para endulzar su licuado y hacerlo más cremoso.
- ▶ No todos los licuados son fríos. También existe una variedad de recetas de licuados calientes.

### Síganos | Me gusta



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(Receta adaptada de: <http://blog.katescarlata.com>.)

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