

Berry Purple Smoothie

Ingredients:

20 ounces pineapple chunks in juice, undrained
 2 cups blueberries, frozen
 1 1/2 cups ice cubes
 6 ounces yogurt with fruit, nonfat, lemon flavored

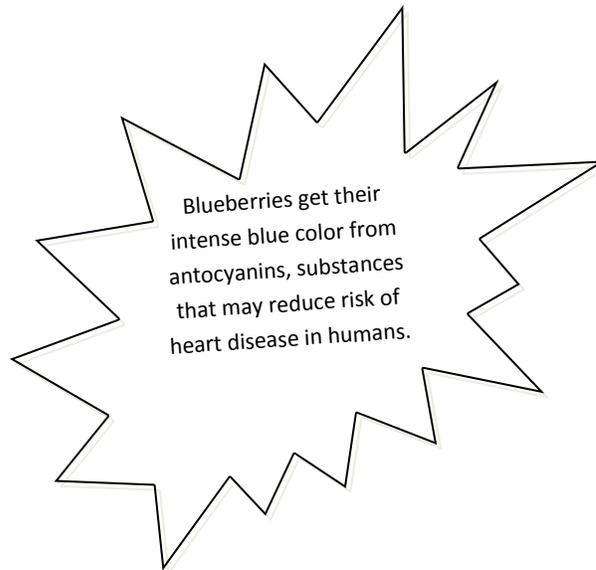
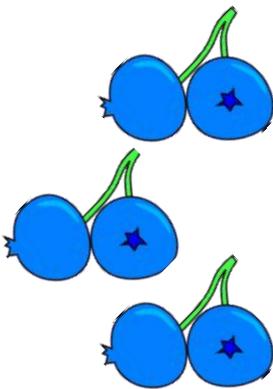
Equipment:

Blender
 Measuring Cup
 Spatula

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

Directions

In blender container, combine all ingredients; process until smooth. Serve immediately or cover and refrigerate until ready.



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Nutrition Facts

Serving Size: 3/4 cup

Servings: 4

Amount Per Serving

Calories 163 Calories from Fat 9

%Daily Value*

Total Fat 1g 6%

Saturated Fat 0g 0%

Cholesterol 1mg 0%

Sodium 34mg 1%

Total Carbohydrate 39g 13%

Dietary Fiber 3g 12%

Protein 3g 6%

Vitamin A 2% Vitamin C 26%

Iron 3% Calcium 10%

*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.