

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

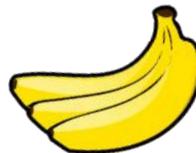
Equipment:

- 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	
Servings: 2	
Amount Per Serving	
Calories 237	Calories from Fat 18
%Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	4%
Cholesterol 4mg	1%
Sodium 67mg	3%
Total Carbohydrate 52g	17%
Dietary Fiber 3g	12%
Protein 6g	12%
Vitamin A 7%	Vitamin C 142%
Iron 5%	Calcium 18%
*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.