

Fruit & Yogurt Smoothie

Makes 2 servings

Ingredients

1 cup pineapple juice

1 ripe banana, peeled, sliced and frozen

1 cup lowfat vanilla yogurt

½ cup frozen strawberries or other frozen fruit

2 Tablespoons wheat germ (optional)

Mise en place! (Everything in its place)

Directions

Place all ingredients in blender jar and puree.

Nutritional information:

Calories: 190

Carbohydrates: 35g

Fat: 1.5g

Sodium: 92mg

Fiber: 5.5g

Potassium: 8.5% Daily Value*

Vitamin A: 8% DV

Vitamin C: 107% DV

Calcium: 22% DV

* Percent Daily values are based on a 2,000 calorie diet.

[Link to Video](#)

Recipe adapted from Dole Food Company, Inc.