

Sunshine Smoothie

Makes: 12 or 48 servings

Try this smoothie using any fruit in season! Get the kids involved by letting them choose the fruit they want to include.

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Pineapple, canned in juice		3 cups		12 cups
Carrots, chopped		1 cup		4 cups
Banana		2 bananas		8 bananas
Crushed ice		2 cups		8 cups
Yogurt (optional)		3 cups		12 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	53	
Total Fat	NA	
Protein	1 g	
Carbohydrates	14 g	
Dietary Fiber	1 g	
Saturated Fat	NA	
Sodium	7 mg	

Directions

1. Cut carrots.
2. Place carrots in blender and chop for a few seconds. Add some pineapples with juice and blend a few more seconds until carrots are smooth.
3. Add remainder of pineapple juice, banana and crushed ice, and blend until smooth.