

Summer Breeze Smoothies

Rating: ★★★★★

Makes: 3 servings

Ingredients

- 1 cup yogurt (non-fat, plain)
- 6 strawberries (medium)
- 1 cup pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	0 g	0%
Protein	4 g	
Carbohydrates	30 g	10%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	45 mg	2%