



A Nutrition Resource



TROPICAL SMOOTHIE

Yield: 2 Servings | Serving Size: 1.5 cups

Cost/serving: \$1.04

Ingredients:

- 1 ripe banana
- 1/2 cup orange juice or nonfat milk
- 1 cup low fat vanilla yogurt
- 2 cups pineapple

Directions:

- 1) Place all ingredients in a blender.
- 2) Secure lid; blend until smooth. Serve immediately.

Tip: Using frozen fruit will make smoothie thick



Nutrition Facts

2 servings per container
Serving size 1.5 cups (481g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 49g	18%
Dietary Fiber 4g	14%
Total Sugars 38g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 222mg	15%
Iron 1mg	6%
Potassium 634mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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