



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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