



Berry Purple Smoothie

Ingredients

- 20 ounces pineapple chunks, canned in juice, drained
- 2 cups frozen blueberries
- 1 ½ cups ice
- 6 ounces low-fat vanilla yogurt

Directions

1. In the blender, combine all ingredients and process until smooth.
2. Serve immediately.

Nutrition Facts

Serving Size 1 serving (350.39g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 35g **12%**

Dietary Fiber 3g **12%**

Sugars 30g

Protein 2g

Vitamin A 0% • Vitamin C 25%

Calcium 8% • Iron 4%

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