

Pineapple Berry Smoothie (makes 4 cups)

Drink as part of breakfast or as an anytime, refreshing snack!

1 Can Dole Crushed Pineapple, including juice, 20 oz. can
1 Cup Vanilla yogurt, nonfat or low fat
1 medium Dole Banana, ripe, peeled, and cut into fourths
1 Cup Dole Pineapple Juice
½ Cup Dole Frozen Strawberries or Raspberries (unsugared)
½ Cup Ice cubes

Combine all ingredients in a blender or food processor container.
Cover and blend until smooth about 1 minute.
Garnish with a fresh strawberry or banana slice, if you wish.

Nutrition Facts for 1 cup serving:

165 Calories; 3 gm Protein; 1 gm Total Fat; 0 gm Saturated Fat; 3 mg Cholesterol; 39 gm Total Carbohydrate; 2 gm Fiber;
320 mg Sodium