



Very Berry Smoothie



Makes 2 Servings

This refreshing pineapple, banana and berry blend smoothie has 2 cups of fruit per serving.

Ingredients:

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cups ice

Directions:

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender
3. Cover and blend until smooth
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Nutrition Facts

2 servings per container	
Serving size	
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	1%
Sodium 55mg	2%
Total Carbohydrate 59g	21%
Dietary Fiber 13g	46%
Total Sugars 37g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 1mcg	4%
Calcium 215mg	15%
Iron 2mg	10%
Potassium 848mg	20%
<small>*The % Daily Value (DV) 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.</small>	

Notes:

Get an additional food group in your smoothie by adding one cup of spinach or kale.

Source: <https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/very-berry-smoothie>