

SUMMER BREEZES SMOOTHIE

From Stay Young at Heart – National Heart Blood and Lung Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/sumbreez.htm>

Ingredients

- 1 cup yogurt, plain nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp. vanilla extract
- 4 ice cubes

Directions

1. Place all ingredients in a blender and puree until smooth.
2. Serve in a frosted glass.

Makes 3 servings (Serving size: 1 cup)

Nutritional information per serving (3 servings)

Calories: 121

Total fat: <1g

Saturated fat: <1g

Sodium: 64mg

Cholesterol: 1mg

