

Summer Breezes Smoothie

Here's a perfect low-fat thirst quencher.

Recipe details

Servings: 3

Serving size: 1 cup

Ingredients

- 1 cup fat-free, plain yogurt
- 6 medium strawberries
- 1 cup crushed pineapple, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Instructions

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

Each serving provides

Calories: 121

Total fat: less than 1 gram

Saturated fat: less than 1 gram

Cholesterol: 1 milligram

Sodium: 64 milligrams

Total fiber: 2 grams

Protein: 6 grams

Carbohydrates: 24 grams

Potassium: 483 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services