

SUNSHINE PINEAPPLE CARROT SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2

Nutrition (per serving)

Calories: 246

Total Fat: 0.5 g

Saturated Fat: 0 g

Sodium: 77 mg

Total Carbohydrate: 58 g

Dietary Fiber: 6 g

Total Sugars: 40 g

Protein: 10 g



Ingredients

- 2 cups chopped pineapple
- 1 cup chopped carrots
- 1 banana, fresh or frozen, peeled
- ½ cup nonfat plain Greek yogurt
- ½ cup skim milk
- 1 Tablespoon honey

Directions

1. Combine all ingredients in blender and blend until smooth.



OSF[®]
HEALTHCARE