

Dole

Pineapple Smoothie

Prep Time:

5 minutes

5 servings

Ingredients

1 can (20 oz.) DOLE® Crushed Pineapple, undrained

1 cup vanilla nonfat yogurt

1 medium, ripe DOLE Banana, quartered

1 cup DOLE Pineapple Juice

1/2 cup DOLE Fresh Frozen Strawberries or Raspberries

1/2 cup ice cubes

Directions

Combine crushed pineapple, yogurt, banana, pineapple juice, strawberries and ice cubes in blender or food processor container. Cover; blend until smooth. Garnish with strawberry and banana slice, if desired.

Nutritional Breakdown per Serving:

Calories 165

Total Fat 1 g

Saturated Fat 0 g

Cholesterol 3 mg

Sodium 36 mg

Potassium 12 %

Total Carbohydrate 39 g

Dietary Fiber 2 g

Sugars 34 g

Protein 3 g

Vitamin A 1 %

Vitamin C 44 %

Calcium 10 %

Iron 3 %

Folate 6 %