

## ***Strawberry Smoothie***

- 1 cup fat-free vanilla yogurt
- 1 cup orange juice concentrate
- 1 cup frozen strawberries
- 1 cup pineapple chunks
- 1 banana, peeled, cut into chunks, and frozen

### Directions:

1. Add yogurt, juice concentrate, and fruit to blender
2. Blend ingredients in blender until smooth.
3. Serve immediately.

Serves 6

Nutrient Analysis, per serving: 160 calories, 37g. carbohydrate, 3g. protein, 0.5g. fat, 25mg. sodium