

SMOOTHIE

BERRY PURPLE SMOOTHIE

INGREDIENTS

20 ounces pineapple
chunks

1 1/2 cups cubed ice

2 cups blueberries,
frozen

6 ounces lemon-
flavored, non-fat
yogurt

DIRECTIONS

In the blender container, combine all ingredients and process until smooth.

Serve immediately or cover and refrigerate until ready to serve.

Enjoy!



United States Department of Agriculture
National Institute of Food and Agriculture

