



## Very Berry Smoothie

**Makes:** 2 Servings

This refreshing pineapple, banana and berry blend smoothie has 2 and 1/2 cups of fruit per serving.

### Ingredients

- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 banana
- 1 cup skim milk (or almond milk)
- 1 1/2 cup ice

### Directions

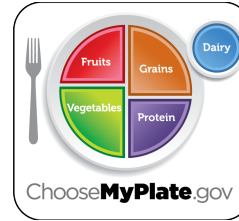
1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

## **Notes**

Get an additional food group in your smoothie by adding 1 cup of spinach or kale.

Source: USDA Center for Nutrition Policy and Promotion

# Nutrition Information MyPlate Food Groups



Nutrients	Amount
<b>Calories</b>	<b>252</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	2 mg
<b>Sodium</b>	<b>56 mg</b>
<b>Total Carbohydrate</b>	<b>59 g</b>
Dietary Fiber	13 g
Total Sugars	37 g
Added Sugars included	0 g
<b>Protein</b>	<b>7 g</b>
Vitamin D	1 mcg
Calcium	215 mg
Iron	2 mg
Potassium	848 mg

## MyPlate Food Groups

<span style="color: red;">■</span> Fruits	2 1/2 cups
<span style="color: blue;">■</span> Dairy	1/2 cups

N/A - data is not available