

SUNSHINE PINEAPPLE CARROT SMOOTHIE

Sunshine Pineapple Carrot Smoothie

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

Serves: 2

Nutrition (per serving)

Total Fat: 0.5 g	Calories: 246
Saturated Fat: 0 g	Total Sugars: 40 g
Sodium: 77 mg	Protein: 10 g
Total Carbohydrate: 58	
Dietary Fiber: 6 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.