

# Fruit Smoothie



## Ingredients:

- 1 cup of strawberries, fresh or frozen
- 1(6oz) can of pineapple juice
- 1 medium banana, broken into four pieces
- 1(4oz) mandarin orange, fresh or canned

## Directions:

1. Measure all ingredients
2. Place all ingredients in a blender.
3. Secure lid and blend for 10 seconds or until smooth.
4. Enjoy!

## Nutrition Information per serving ( 2):

Calories:152	Sodium	10 milligrams	
	Potassium	360 milligram	
Total Fat	0 grams	Total CHO	39 grams
Saturated Fat	0 grams	Dietary Fiber	4 grams
Cholesterol	0 milligrams	Protein	1 gram
Vitamin A	46 IU		
Vitamin C	75 milligrams		
Calcium	22 milligram		
Iron	0.7 milligram		
Folate	29 micrograms		

