

# Summer Breeze Smoothie

Food Item	F&V Servings	Low-Fat Dairy Servings	Whole Grains Servings	Lean Protein Servings	Sodium (mg)
1 serving Summer Breeze Smoothie	1	0.30	0	0	64
<b>TOTAL:</b>	<b>1</b>	<b>0.30</b>	<b>0</b>	<b>0</b>	<b>64</b>

Serves: 3

1 Serving = about 8 ounces

## Ingredients

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup crushed pineapple, canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

## Directions

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.