

Grapefruit Pineapple Smoothie

<u>Code</u>
\$, Q, V, GF

Ingredients Needed:

- 1 large pink grapefruit peeled, seeded and cut into chunks
- 1/2 cup pineapple, crushed
- 1/2 cup strawberries, sliced
- 1/2 cup low-fat or Greek yogurt
- 1/4 cup crushed ice

Recipe Directions:

- Cut all fruits and vegetables into small pieces
- Place ingredients into blender and blend until smooth.

<u>Nutrition Facts:</u>	
Yield	2
Calories	159
Total Fat	0 g
Sat Fat	0 g
Sodium	26 mg
Fiber	5 g

