

Banana and Pineapple Smoothie

Makes 4 servings

Ingredients

2 large bananas, peeled and sliced
 1 ½ cups roughly chopped pineapple
 1 cup vanilla Greek yogurt
 1 cup crushed ice
 ¼ cup tart cherry juice
 ¼ cup orange juice
 ⅓ teaspoon nutmeg
 4 maraschino cherries, for garnish*
 4 mint leaves, for garnish*

Directions

1. Place all ingredients (except garnishes) in a blender.
2. Make sure the blender is covered, then blend on high until smooth.
3. Pour into four glass jars, garnish* (if desired) and enjoy!

*Option not included in nutrition facts.



APPETIZER OR SNACK

TIP

Freeze this smoothie in an ice cube tray for a bite-size treat when you're on-the-go! You can also use them to flavor your water during the hot summer months.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 1 cup (271g)
 Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 34g 11%

Dietary Fiber 3g 12%

Sugars 23g

Protein 6g

Vitamin A 6% • Vitamin C 70%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: milk

Carb choices per serving: 2