

Grape, Pineapple and Banana Smoothie

Recipe Type: Breakfast/Drink

Serves: 4

Prep Time: 10 minutes

Cooking Time: None

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

1 C grapes

1–10 oz can of pineapple chunks in 100% pineapple juice

16 oz fat-free skim milk or soy milk

1 medium ripe banana

What to do:

1. Wash your hands.
2. Wash the grapes and add to blender.
3. Blend on high until the grapes' skin is very fine.
4. Drain the juice from the pineapple.
5. Add the pineapple, milk, and banana to the blender.
6. Blend until smooth.
7. Pour and enjoy!



This is a picture of 1 serving.

Contains Milk

Nutrition Facts

4 servings per container

Serving size 8 oz (251g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 50mg 2%

Total Carbohydrate 30g 11%

Dietary Fiber 2g 7%

Total Sugars 25g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 1mcg 6%

Calcium 166mg 15%

Iron 0mg 0%

Potassium 454mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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