



June 22- Blueberry Pineapple Breakfast Smoothie

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=779732>

Recipe

Ingredients:

- 1 cup vanilla yogurt
- 1-ounce fat-free ricotta cheese
- ¼ cup frozen pineapples
- ¼ cup frozen blueberries
- ¼ cup orange juice

Directions:

1. Combine ingredients in blender. Blend until smooth and creamy.

Yield 1 serving

Nutrition Facts

Serving Size 3/4 cup (217.67g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1.5g **9%**

Trans Fat

Cholesterol 10mg **4%**

Sodium 95mg **4%**

Total Carbohydrate 30g **10%**

Dietary Fiber <1g **4%**

Sugars 28g

Protein 8g **16%**

Vitamin A 4% • Vitamin C 30%

Calcium 25% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.