

# 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 medium ripe banana
- 10 oz can of pineapple chunks in 100% pineapple juice
- 16 oz fat-free skim milk or soy milk
- 1 C grapes

## What to do:

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



This is a picture of 1 serving.

## Nutrition Facts

**Serving Size 1 C**

**Amount Per Serving**

**Calories 160      Calories from Fat 20**

**%Daily Value\***

**Total Fat 2 g      3%**

Saturated Fat 0 g      **0%**

Trans Fat 0 g

**Cholesterol 0 mg      0%**

**Sodium 65 mg      3%**

**Total Carbohydrate 33 g      11%**

Dietary Fiber 2 g      **8%**

Sugars 26 g

**Protein 4 g**

Vitamin C 15%

Calcium 4%

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

FK = 3.2

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