

FRUIT SMOOTHIE

1 c fresh strawberries, sliced and hulled
20 ozs pineapple chunks in juice, drained
1 med banana, peeled and chopped
1 c skim milk
8 ozs fat-free strawberry yogurt
1/4 c honey
1 tsp lime juice

In a food processor or blender, combine strawberries, pineapple chunks, bananas, milk, yogurt, honey, and lime juice. Process until smooth. Pour into glasses.

6 servings; 166 Calories; less than one gram Fat (2% calories from fat); 4g Protein; 40g Carbohydrate; 1mg Cholesterol; 55mg Sodium