

CMS

The Frozen BLP Smoothie

By Kristian Labrie

Ingredients:

1 banana, cut into pieces
½ cup fat-free vanilla frozen yogurt
3 oz. lime Greek yogurt
6 oz. pineapple juice
1/3 cup limeade
6-8 ice cubes



Directions:

1. Put ice cubes and juices into blender.
2. Blend on high speed to crush ice.
3. Add banana, Greek yogurt and frozen yogurt. Blend until desired consistency.
4. Add more ice to make it thicker or more juice to make it thinner.

Makes 5 Servings

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CMS**BLP Smoothie**

Serving Size: 8 oz. portion

Calories	136
Total Fat	1g
Saturated Fat	.6g
Trans Fat	--
Cholesterol	8mg
Sodium	73mg
Carbohydrate	30g
Dietary Fiber	.75g
Protein	3g
Vitamin A	24g (RE)
Vitamin C	19mg
Calcium	123mg



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