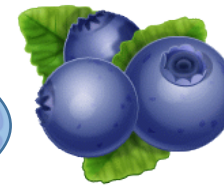




Blueberry Paradise Smoothie



Nutrition Facts

| | |
|---------------------------|-----------------------|
| Serving Size 261g | |
| Amount per serving | |
| Calories 130 | Calories from fat: 10 |
| | % Daily Value* |
| Fat 1.5 g | 2 % |
| Saturated 0 g | 0 % |
| Trans 0 g | |
| Polyunsaturated Fat 0 g | % |
| Monounsaturated Fat 0.5 g | % |
| Cholesterol 0 mg | 0 % |
| Sodium 55 mg | 2 % |
| Potassium 360 mg | 10 % |
| Carbohydrate 31 g | 10 % |
| Fiber 4 g | 16 % |
| Sugars 21 g | |
| Protein 2 g | |
| Vitamin A | 6 % |
| Vitamin C | 80 % |
| Calcium | 8 % |
| Iron | 4 % |
| Vitamin D | 10 % |
| Vitamin E | 20 % |
| Vitamin K | 15 % |
| Vitamin B6 | 15 % |
| Manganese | 50 % |





Ingredients

- 1 Large Banana, slices
- 1.5 Cups Pineapple, cut into chunks
- 1 cup of Blueberries
- 1 cup Almond Milk
- Ice

Directions

- Combine pineapple, banana, almond milk and blueberries in blender. Cover; blend until thick and smooth. Serve immediately.
- Recipe provided by Dole

130 calories per serving

