

# Creamy Pineapple Berry Smoothie by Lynn's Recipes

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Lynn demonstrates how to make a delicious, healthy Creamy Pineapple Berry Smoothie! Great for after the holidays to get your healthy diet back on track. Super easy and tasty.

## Ingredients:

- 1 pineapple, cut into chunks & half of them frozen
- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 3 scoops frozen vanilla yogurt

Put all in blender and blend until smooth. Pour into glass to serve and enjoy!

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Lynn's Recipes: November 2014  
www.lynnrecipes.com

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[Click here for a handy Conversion Chart](#)

## Jennifer's Giveaway Rules:

Must be 18 years of age

Like Jennifer's Facebook Page - The link is below

Leave a comment on Jennifer's Facebook page saying you came there from Lynn's Recipes

Open domestically only

This will be a random drawing

Giveaway open from Monday - Wednesday at 9 PM EST

Winner will be announced Thursday, Jan. 1, 2015

Facebook - McDow Fitness