

Pineapple Smoothie by Lynn's Recipes



A delicious smoothy recipe that is refreshing and healthy. Adapted from Williams Sonoma.

Ingredients:

- 1 cup pineapple juice
- 1 banana, peeled, sliced and frozen
- $\frac{3}{4}$ cup plain yogurt
- 1 Tablespoon sugar*
- 1-1/2 cups ice cubes
- 1 cup pineapple chunks

In a blender, combine the pineapple juice, banana, yogurt, sugar, ice cubes and pineapple chunks and blend until smooth. Pour into glasses and serve immediately. Can garnish with a sliced of fresh pineapple, if desired. Serves 2.

*If you would like to use a sweetener other than sugar, you could substitute honey, agave syrup or cane sugar.

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