



Summer Breezes Smoothie

Instructions

1. Place all ingredients in a blender and purée until smooth.
2. Serve in a frosted glass.

Tip

Bananas contain tryptophan, an amino acid which studies suggest plays a role in preserving memory and boosting mood. Strawberries pack an excellent source of vitamin C, which is a well known immunity builder, a powerful antioxidant, and can help with cancer prevention.

Yield: 3 servings

Calories 121
Total fat <1 g
Saturated fat <1 g
Cholesterol 1 mg
Sodium 64 mg

Ingredients

- ❖ 1 cup yogurt, plain nonfat
- ❖ 6 medium strawberries
- ❖ 1 cup pineapple, crushed, canned in juice
- ❖ 1 medium banana
- ❖ 1 tsp vanilla extract
- ❖ 4 ice cubes



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

