



NUTRITION STATS

Per serving

Calories	479
Fat	29 g
Saturated fat	6 g
Cholesterol	4 mg
Carbs	38 g
Sugars	20g
Sodium	289 mg
Protein	18 g
Fiber	5 g

Whip up this nutrition-packed smoothie for an on-the-go breakfast, meal-in-a-glass, or satisfying snack.



PINEAPPLE AND PEANUT BUTTER

- ||-|| 2 cups diced pineapple
- ||-|| ½ cup all-natural smooth peanut butter
- ||-|| ½ cup low-fat Greek yogurt
- ||-|| ½ teaspoon pure vanilla extract
- ||-|| ½ cup ice
- ||-|| Combine all ingredients in a blender