

PUDDINGS

Vanilla  
Pineapple  
Smoothie



BAY VALLEY  
F O O D S



# Vanilla Pineapple Smoothie

6 Servings

## INGREDIENTS:

Plain lowfat yogurt

Crushed pineapple, undrained

**Bay Valley Foods® or Thank You® Brand  
Vanilla Pudding**

Milk, 2%

Whipped topping

Coconut, toasted

## AMTS:

4 oz.

1 20 oz. can

2 cups

3/4 cup

To garnish

To garnish

## PROCEDURE:

Add yogurt and pineapple to blender container. Blend on high until combined.

Add pudding and milk; blend on high.

Pour into glasses.

To serve, garnish with whipped topping and coconut.

## NUTRITION (Per serving)

180 calories

4 g protein

35 g carbohydrate

< 1 g fiber

4.5 g fat

1 g saturated fat

< 5 mg cholesterol

160 mg sodium

### CHEF'S TIP:

- Substitute fat free yogurt for lowfat yogurt, fat free vanilla pudding for regular vanilla pudding, and skim milk for 2% milk. Garnish with light whipped topping.



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