

Double Pineapple Breakfast Shake



Number of Servings: 2 (12 ounces each)

Prep. Time: 10 minutes

3 cups cubed fresh or canned pineapple

12 ounces lemon yogurt

1 ripe banana, sliced

1/4 teaspoon powdered cinnamon*

Process all ingredients in a blender or food processor until smooth.

*Powdered cinnamon may be substituted with ground cinnamon.

Nutritional Analysis: 2 servings

Calories – 320

Fat – 1g

Calories from fat - 5

Carbohydrates – 73g

Protein – 11 g

Cholesterol – 5mg

Sodium – 120mg

This recipe is from the Simply Florida Cookbook, on sale at any Florida Extension Office throughout the state. Please visit www.simplyflorida.org for more information.