

# Pineapple Smoothie

*Gluten-free and Gout-friendly*



## **Ingredients**

- 1 cup fresh pineapple chunks
- 1 cup light vanilla yogurt
- 1 cup crushed ice

## **Directions**

Put ingredients in a blender. Puree and pour.

## **Serving Information**

Serves two

## **Nutrition Information**

Each serving contains about 98 calories, 4g protein, 0g fat, 20g carbohydrates, 1g fiber, and 66mg sodium. You can also add a little vanilla yogurt for density and flavor.