

Super Scrumptious Strawberry Smoothie

Stan & Sarah Strawberry love to make smoothies to share with their friends. Try making this smoothie to share with your friends!

INGREDIENTS:

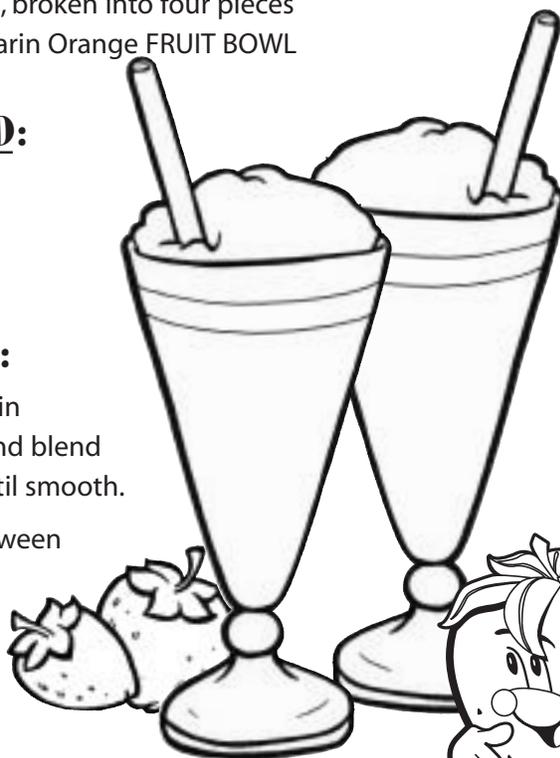
- 1 cup DOLE® Strawberries, fresh or frozen
- 1 (6-ounce) can DOLE Pineapple Juice
- 1 medium DOLE Banana, broken into four pieces
- 1 (4-ounce) DOLE Mandarin Orange FRUIT BOWL

YOU WILL NEED:

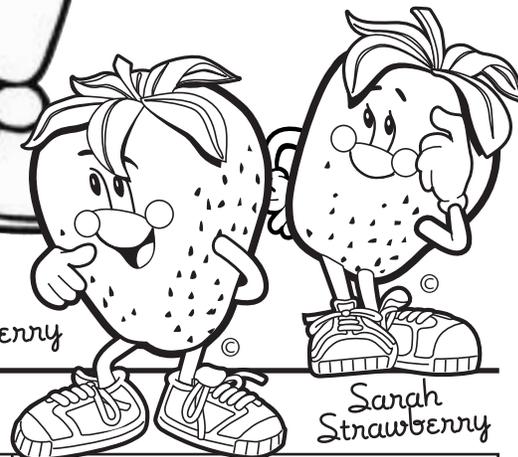
- Measuring cups
- A blender
- 2 (12-ounce) glasses

INSTRUCTIONS:

1. Place all ingredients in blender. Secure lid and blend for 10 seconds or until smooth.
2. Divide smoothie between two glasses.



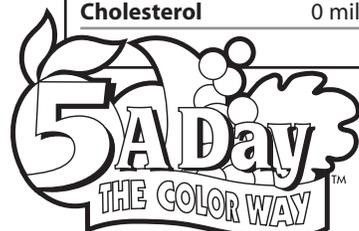
Stan Strawberry



Sarah Strawberry

NUTRITION INFORMATION PER SERVING Makes 2 servings.
Each serving provides 2-5 A Day servings of fruit.

Calories	152	Sodium	10 milligrams	Vitamin A	46 International Units
Total Fat	0 grams	Potassium	360 milligrams	Vitamin C	75 milligrams
Saturated Fat	0 grams	Total Carbohydrate	39 grams	Calcium	22 milligrams
Cholesterol	0 milligrams	Dietary Fiber	4 grams	Iron	0.7 milligrams
		Protein	1 gram	Folate	29 micrograms



This recipe is **5 A Day** approved and provides fruits from three color groups. Can you figure out which groups? Write the name of each ingredient in the correct box. Find the answers by going to www.dole5aday.com/Rainbow.

Red	Orange/Yellow	White	Green	Blue/Purple
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