

Strawberry-Pineapple Smoothie

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If you count blended fruit, the entire thing is 4 FSP, 1/2 is 2 FSP. If you do not count blended fruit, it is 0 FSP

- 1/2 cup chopped strawberries
- 1/2 cup chopped pineapple
- 1/2 cup fat free greek yogurt
- 1 tsp vanilla extract (optional)
- 1 cup crushed ice

1. To a blender, add pineapple, strawberries, yogurt, vanilla and ice. Blend well. Drink immediately.