



Pineapple and Banana Crush

Ingredients:

- 1 cup crushed ice
- 1 medium banana, peeled and cut into chunks
- 1 tablespoon honey
- 1 6-ounce can unsweetened pineapple juice

Directions:

1. In blender, combine all ingredients.
2. Blend until smooth.

Nutrition Facts per Serving:

Calories	112
Fiber	2 g
Fat	0g
Sodium	1 mg
Cholesterol	0 mg

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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