

Strawberry-Pineapple Smoothie allrecipes.com

Rated: ★★★★★

Prep Time: 5
Minutes

Ready In: 5
Minutes

Submitted By: Kory
H.

Servings: 2

"Pineapple and strawberries blended in a mixture of yogurt, milk, and ice makes a great-tasting smoothie."

INGREDIENTS:

- 1 cup frozen strawberries
- ~~2 tablespoons white sugar~~
- 3/4 cup ~~milk~~ *almond milk*
- 6 ice cubes
- 3/4 cup pineapple juice
- 1 ~~teaspoon~~ wheat germ
- 1/2 cup vanilla yogurt
- (optional)

DIRECTIONS:

1. Blend the strawberries, milk, pineapple juice, vanilla yogurt, sugar, ice, and wheat germ in a blender until smooth. You may need to scrape down the sides of the blender a couple of times. Pour into glasses and serve immediately.

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Printed from Allrecipes.com 9/11/2013

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