



## Pineapple smoothie

Serving: 1

Veg

### *Ingredients*

- -100 ml low-fat yogurt
- -3 ice cubes
- - $\frac{1}{2}$  cup pineapple chunks

### *Preparation Method*

- 1. Combine the yogurt and ice cubes. Blend, pulsing as needed, until the ice is in large chunks.
- 2. Add the pineapple and blend at "whip" speed until smooth.