

## TROPICAL PINEAPPLE SMOOTHIE

---



### SMOOTHIE MAKER RECIPE

Brighten up your day with this totally tropical Pineapple smoothie. With juicy pineapple and creamy banana, this delicious combination is a ray of sunshine in a glass! For even more zing, add sherbet for an extra special tangy taste!

### INGREDIENTS

---

1 Pineapple Ring (Tinned) diced into 1/2 inch cubes

---

100ml Pineapple Juice (or Pineapple Syrup from the tin can be used)

---

6 Teaspoons of sherbet powder

---

100ml (1 Small Carton) Plain Yoghurt

---

1/2 Chilled peeled ripe Banana diced into 1.2 inch cubes

---

1/2 chilled strawberry diced into 1/2 inch cubes

---

### METHOD

---

#### STEP ONE

Peel and Chop fruit into small pieces

#### STEP TWO

Cool the fruit in the fridge until chilled

#### STEP THREE

Place fruit, yoghurt, pineapple juice and sherbet powder into the blender

#### STEP FOUR

Blend until smooth

#### STEP FIVE

Pour into the glasses

#### STEP SIX

Decorate with extra pineapple chunks