

Fruity Easter Egg Smoothie

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-brunch-drink-recipe>

Ingredients:

- 9 ice cubes divided
- 9 tablespoons nonfat milk or milk of choice, divided
- 9 tablespoons water divided
- 1/2 cup frozen pineapple
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 5 milligrams
4. Fiber: 4 grams
5. Protein: 6 grams
6. Sodium: 80 milligrams
7. Sugar: 27 grams

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