

Bone Healthy Tropical Fruit and Prune Smoothie

There's less one gram of fat, but lots of flavor and bone-building nutrients in this quick and easy yogurt, pineapple, banana, dried plum and orange juice smoothie. Perfect for a breakfast “on the go” or an anytime treat.

Prep Time: 5min

Servings per Recipe: 4

Serving Size: 1 cup (8 ounces)

Calories per Serving: 150

Ingredients

1 cup (8 ounces) Stonyfield™ fat free yogurt (with live cultures, calcium & vitamin D enriched);
1 cup (8 ounces) Dole™ pineapple tidbits in 100% juice, no sugar added, undrained;
1 large banana, mashed;
1/2 cup (about 3 ounces) Sunsweet Bite Size™ pitted dried plums, diced;
1 cup orange juice (Tropicana Trop50 Orange Juice Beverage, with Vitamins, Calcium & Vitamin D, Pulp Free™), previously frozen in ice cube trays;

Directions: In blender container, combine all ingredients, except frozen orange juice cubes. Blend until smooth. Add frozen orange juice cubes. Blend until smooth, pulsing on and off. Serve immediately after blending while the mixture still has a bubbly milkshake-like consistency. Store unused smoothie in freezer after preparing.

ADDED NOTES:

- (1) The specific products listed in this recipe were chosen to be able to generate the Nutritional Information listed on the next page. If you use other products, the nutritional profile will be different. But, the bone health-promoting benefits of this recipe will remain the same.
- (2) Add fresh or frozen berries, as well as chopped nuts or pumpkin seeds, to a cup of the smoothie before you store it in the freezer to eat later instead of ice cream. Sweeten with honey, maple syrup or black strap molasses if needed (not sugar).
- (3) Add cinnamon (for blood sugar control), ginger (for arthritis pain and inflammation) and/ or turmeric (for arthritis pain control) to one serving to “spice” it up.
- (4) Add honey, 100% Maple Syrup or molasses to “sweeten” it.
- (5) Add flavorings (lemon, vanilla, almond & etc. extracts) for variety.
- (6) ENJOY consuming this smoothie (either as a beverage or frozen dessert), knowing it will benefit your bones and joints more than any prescription drug on the market today!

Nutritional Information for Entire Prune Smoothie Recipe (~4cups)

Nutrient	Fat free yogurt	Pineapple☆	Banana	Dried prunes	Trop50 Orange juice	TOTAL	%RDA◆
Calories	110	120	121	200	50	601	30.1% ‡
Total Fat	0g	0.20g	0.40g	0.35g	0g	0.95g	1.5% ‡
Saturated Fat	0g	0.05g	0.20g	0.10g	0g	0.35g	1.8% ‡
Trans Fat	0g	0g	0g	0g	0g	0g	0%
Omega 3	0mg	3.0mg	36.7mg	14.8mg	0mg	54.5mg ‡	na
Omega 6	0mg	42.3mg	62.6mg	38.3mg	0mg	143.2mg	na
Cholesterol	0mg	0mg	0mg	0mg	0mg	0mg	0%
Sodium	160.0mg	20mg	1.4mg	1.8mg	10.0mg	193.2mg	8.1%
Potassium	560mg	230mg	478mg	637mg	450mg	2355mg	67.3%
Carbohydrates	16g	30g	31g	26g	13	116g	38.7%
Dietary Fiber	0g	1.9g	3.5g	6.2g	0g◆	11.6g	46.4%
Sugars	16g	26g	16.6g	33.2g	10g	101.8g	na
Protein	11g	0.6g	1.5g	1.9g	0.5g	15.5g	31%
Calcium	350mg	11mg	7mg	37mg	350mg	755mg	75.5%
Copper	0.03mg	0.17mg	0.10mg	0.25mg	0.12mg	0.67mg	33.5%
Iron	0.20mg	0.57mg	0.40mg	0.80mg	0.26mg	2.23mg	12.4%
Magnesium	27.1mg	21.7mg	36.7mg	35.7mg	27.1mg	148.3mg	37.1%
Manganese	0.01mg	2.56mg	0.40mg	0.25mg	0.06mg	3.28mg	164.0%
Phosphorus	300mg	10.9mg	29.9mg	60.0mg	27.4mg	408.2mg	40.8%
Selenium	8.09µg	0.93µg	1.4µg	0.25 µg	1.32µg	11.99µg	17.1%
Zinc	2.28mg	0.12mg	1.40mg	0.40mg	0.18mg	4.38mg	29.2%
Vitamin A	161.7IU	94.6IU	87.0IU	6.8IU	500IU	850.1IU	17.0%
B1/ Thiamin	0.12mg	0.14mg	0.05	0.05	0.15	0.51	34.0%
B2/ Riboflavin	0.51mg	0.06mg	0.10mg	0.15mg	0.07mg	0.89mg	52.4%
B3/ Niacin	0.3mg	0.6mg	0.9mg	1.7mg	0.8mg	4.3mg	21.5%
B5/ <i>panthothenic acid</i>	1.45mg	0.25mg	0.5mg	0.35mg	0.66mg	3.21mg	32.1%
B6/ pyridoxine	0.12	0.13mg	0.50mg	0.20mg	0.12mg	1.07mg	53.5%
B9/Folate	27.4µg	16.4µg	27.2µg	3.5µg	79µg	153.9µg	38.5%
B12/ Cobalamin	1.38µg	0µg	0µg	0µg	0µg	1.38µg	23.0%
Vitamin C	0mg	30.0mg	11.8mg	0.5mg	60.0mg	102.3mg	170.5%
Vitamin D*	100IU	0IU	0IU	0IU	100IU	200IU	~10%* ‡
Vitamin E	0.15mg	0.16mg	0.38mg	0.35mg	0.31mg	1.35mg	4.5%
Vitamin K	0.49µg	1.09µg	7.0µg	52.0µg	2.6µg	63.2 µg	79.0%

◆%RDA based on 2000 calorie daily intake

☆The nutrient profile for fresh pineapple differs considerably from canned pineapple, in juice.

◆Pulp free Tropicana orange juice has no fiber. Two oranges have 6.26g of fiber.

*Most Experts Agree the RDA for Vitamin D needs to be increased to 2,000-5,000 IU.

‡ Adding 1 teaspoon of *Nordic Naturals Omega 3-D™* to this recipe will increase its health benefits (increases Omega 3 to 1779.5 mg & Vitamin D to 1200IU), but also adds 45 calories and 5gm of Total Fat (Omega 3 & Omega 9) plus 1.5 g of Saturated Fat (Omega 9).