**Vitamin C Crush**
*Makes 8 — ½ cup servings*

1 package (10-ounce) frozen strawberries  
1 banana  
1 can (8-ounce) crushed pineapple  
4 cups crushed ice  

1. In a blender, place strawberries, banana and pineapple and blend until smooth.  
2. Add crushed ice, blend and serve immediately, or refrigerate until later.

**Nutrition Facts:** One serving provides 60 calories, 0mg total fat, 0mg cholesterol, 0mg sodium, 15g total carbohydrate, 30% Vitamin C

*Recipe provided by Berny Unruh, Barton County*