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