

C-Blast Smoothie

From besthealthmag.ca

Ingredients

1 large pink grapefruit peeled, seeded and cut into chunks

1/2 cup pineapple crushed, canned or fresh

1/2 cup strawberries fresh or frozen (if using fresh, add 1/4 cup [60 mL] ice for extra froth)

1/2 cup non-fat Greek yogurt

Instructions

Blend all ingredients together.

Katie's notes: I added a bit of honey to this to make it a little sweeter.