

Orange and Banana Crush

Ingredients:

- 1 cup crushed ice
- 1 medium banana, peeled and cut into chunks
- 1 Tablespoon honey
- 1 can unsweetened pineapple juice (6 ounces)

Directions:

1. In blender, combine all ingredients.
2. Blend until smooth.

Nutritional facts: Per serving: Calories, 112; Fiber, 2 g; Fat, 0g; Sodium, 1 mg; Cholesterol, 0 mg.