

Fruit



Pegasus Pineapple Fizz

Super
easy
recipe!



Ingredients:

- 1 1/2 cups 100% pineapple juice
- 2 large scoops pineapple sherbert
- 1/2 cup sparkling water

Directions:

1. Add all ingredients to blender.
2. Blend until smooth.
3. Serve in two glasses and enjoy!

Nutrition:

- Recipe makes 2 servings
- Each serving counts as 1 fruits

Safety:

Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.

Recipe approved by the Centers for Disease Control

from the kitchen of
Playnormous

