

## Playnormous Healthy Recipes

# Pegasus Pineapple Fizz

### Ingredients:

- 1 ½ cups 100% pineapple juice
- 2 large scoops pineapple sherbet
- ½ cup sparkling water

### Directions:

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

### Nutrition:

- This recipe makes 2 servings.
- Each serving counts as 1 fruit.

### Safety:

- Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: Centers for Disease Control

