Mixed Fruit Smoothie

**Ingredients:**

1 Banana

1 cup milk

1 8oz can Dole Pineapple, drained

½ cup frozen strawberries

**Directions:**

1. Break the banana into pieces
2. Cut the stems off of the strawberries (if there are any)
3. In large blender, combine all ingredients. Blend until smooth
4. Drink and enjoy!

