

Diet for a Pain-Free Life

Websites: www.tampamedicalgroup.com/

www.ipainfreediet.com/



simply a yummy beverage

pineapple frosty

Ingredients

$\frac{1}{2}$ cup 1% milk

$\frac{1}{2}$ cup fresh pineapple chunks (or canned pineapple in juice, drained)

$\frac{1}{2}$ cup ice cubes

1 tablespoon Splenda

$\frac{1}{2}$ banana

Directions

Combine all ingredients in a blender and blend until smooth.

Makes 1 serving

Call Ginny at **TAMPA MEDICAL GROUP** (879-0025 Ext. 2223) for more simply delicious recipes and if you are interested in participating in our original

DIET FOR A PAIN-FREE LIFE.