

# Bell Pepper Smoothie



Prep time:  
**5 min**



Cook time:  
**N/A**



Yield:  
**4 Servings**



Serving  
Size:  
**1 Cup**

## Ingredients

- 1 medium banana, peeled fresh or frozen
- 1 can (8 ounces) pineapple, drained
- ½ cup red bell pepper, seeded and chopped
- 2 cups frozen mixed berries
- 1 cup water

## Directions

1. Combine all ingredients in a blender or food processor.
2. Blend until smooth.
3. Serve Immediately.
4. Refrigerate or freeze leftovers within 2 hours.

## Notes

- For a sweeter smoothie reserve and add juice from the canned pineapple. Use less water if adding juice.