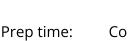


Bell Pepper Smoothie



5 min



Cook time: **N/A**



Yield:



Serving Size:

4 Servings

1 Cup

Ingredients

1 medium banana, peeled fresh or frozen

1 can (8 ounces) pineapple, drained

 $\ensuremath{^{1\!\!2}}$ 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.