

Blueberry, Pineapple Smoothie  
Nutrition in Seattle

Serves 1

**Ingredients**

½ cup water

1 cup organic blueberries

1 cup organic pineapple

**Directions**

1. Add the water, then blueberries, and pineapple to a blender.
2. Turn the blender on to the smoothie setting and blend until well combined.
3. Pour into your favorite tall glass and enjoy right away.