

Blueberry, Pineapple Smoothie
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

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.