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Superfast Mixed Berry & Pineapple Smoothie



Ingredients

Pineapple, 2 x 1cm rings (about 15–18 cubes)
Frozen mixed berries, one fist full
Banana x1 medium
Fresh mint, 2 sprigs (about 10 leaves)
Water, 2 table spoons

Preparation

- 1 Get blender, add water
- 2 Break banana, pineapple and mint into blender
- 3 Throw in the mixed berries
- 4 Blend until smooth
- 5 Serve immediately

Cooks Note
