



Ingredients:

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- Half to a cup of water

Stay healthy even during the flu season with this delicious smoothie packed with antioxidant goodness

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Method:

Blend all ingredients in your blender

Use frozen fruit if you wish to help keep it cold

Pour into glass and enjoy