

# Johnson House Purple Smoothie!

This purple smoothie is bursting with antioxidants, thanks to the blueberries and frozen pineapple, and is loaded with your daily dose of Vitamin C!

## Ingredients:

- 1/2 cup water
- 1/2 cup orange juice
- 1 frozen banana, cut into pieces
- 1/2 cup frozen pineapple
- 1/2 cup frozen blueberries

## Nutritional Information:

Calories: 244kcal |  
Carbohydrates: 61g |  
Protein: 3g | Sodium:  
10mg | Potassium:  
817mg | Fibre: 6g |  
Sugar: 40g | Vitamin A:  
325IU | Vitamin C:  
118.9mg | Calcium:  
24mg | Iron: 1mg

## Method:

This recipe is simple and easy to make!  
Just follow these two steps:

1. Combine the water, orange juice, banana, pineapple, and blueberries in a high-speed blender, and blend until very smooth.
2. Pour into a glass and enjoy!

Top tip: Add a splash more water, if needed to help it blend.

