

# The Purple Pineapple Drink

Drinking a smoothie is a new trend. For centuries, smoothies have ensured better health and fitness. The smoothie is just like some magic elixir that is prepared easily by blending fruits and vegetables in to a smooth glass of deliciousness. In this recipe, we have a perfect blend of some tropical fruits that gives your taste buds a roller coaster ride of flavors.

If you love smoothies and enjoy drinking it, then this recipe is just for you. Many people love replacing their meal with some nutritious drink that not only provides them full energy but also satisfies their deprivation. This recipe is made from some of the finest and the most nutritious fruits that help you stay lean. If you are on a diet, then this recipe is for you. The addition of berries provides not only antioxidant qualities but also helps reduce fat, lower cholesterol and contribute toward better health. The ingredients combination hit the spot right on as pineapple adds a tang and zest to overall recipes. The recipe is quick and easy to make and contains essential vitamins, minerals, fiber, protein, zinc, and phosphorus. The best way to consume fruits daily is right here in one glass. If you had it as a breakfast, then this smoothie will help you kick-start the day by supplying the right amount of energy to the brain and body. It will also help you to reduce your craving for junk and sweets for the entire day. Most people enjoy it as a meal that helps them improve their moods and make them feel much happier. So let the mouthwatering journey begin.



**Serves 2-4**

### **Ingredients**

- 2 cups soy milk
- $\frac{1}{2}$  cup blueberries
- $\frac{1}{2}$  cup strawberries
- 2 bananas, peeled and chopped
- 1 cup pineapple juice
- 1 cub ice cubes

### **Preparation**

- Take a blender and place soymilk, blueberries, strawberries, banana and pineapple juice in it and pulse for 20 seconds.
- Then add ice cubes and blend for another 10 seconds.
- Serve into glasses and enjoy this healthy recipe.
- Best served chilled.