

# Pineapple and Banana Smoothie

## Ingredients

- 4 ice cubes
- 1/4 fresh pineapple - peeled, cored and cubed
- 1 large banana, cut into chunks
- 1 cup pineapple or apple juice
- 1 cup fresh strawberries or papaya(optional)

## Directions

1. Place ice cubes, pineapple, banana, and pineapple juice into the bowl of a blender. Puree on high until smooth.