

## Tropical Fruits Detoxing Smoothie





### Ingredients:

- 1 kiwi, peeled
- ½ cup blueberries
- ½ cup grapes (seedless)
- ½ cup pineapple chunks
- ½ small cucumber, peeled and sliced
- 1 cup fresh orange juice
- Ice cubes (optional)

### Instructions:

1. Place all ingredients in a blender.
2. Blend until smooth and creamy.
3. Serve chilled.

### Benefits:

-  Kiwi + Orange juice → Rich in vitamin C, boost immunity.
-  Blueberries → Antioxidants for skin and cellular protection.
-  Grapes → Support heart and circulation.
-  Pineapple → Aids digestion and reduces inflammation.

-  Cucumber → Refreshing and hydrating for the body.