




PINEAPPLE, CUCUMBER & MINT BLEND

 GF, VGN

 10 mins

 2 large / 4 small drinks



Ingredients

- 1 small / medium pineapple, chopped into chunks
- 1 Lebanese cucumber, chopped into chunks
- 3 sprigs mint leaves
- 1½ cups of ice



Method

1. Add the pineapple, cucumber and ice into your blender and blend on high until combined.
2. Now add in the mint and give it a few 'pulses' to mix through. (Don't over mix as you'll want the mint in pieces, not blended into liquid)
3. Pour into glasses and serve. The pineapple will give this blend a nice frothy texture. Enjoy!

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