

Spring Clean Cucumber & Pineapple Juice



Ingredients

- 2 cups pineapple chunks (ideally frozen)
- 1 small green apple, cored and roughly chopped
- ½ cup cucumber, peeled and chopped
- 1 Tbsp lime juice
- 8 -10 fresh mint leaves
- 1 – 1.5 cups of coconut water (depending on preferred thickness)
- ½ cup ice cubes

Optional drizzle

- Warmed honey with a pinch of chilli flakes or lemon zest

Method

1. Add all ingredients to a blender.
2. Blitz until smooth,
3. Pour into glasses and garnish with extra mint if you're feeling a little fancy!
4. Enjoy!

