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# PINEAPPLE, CUCUMBER & MINT BLEND

 GF, VGN

 10 mins

 2 large / 4 small drinks

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## 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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