

Recipe

REFRESHING STRAWBERRY & PINEAPPLE MINT SMOOTHIE



► ► Vegan, raw, gluten-free, oil-free, refined sugar-free, nut-free

Yield: 2 servings

Prep Time: 5 min

Total Time: 5 min

INGREDIENTS

1/4 large English cucumber, quartered
 1 cup (250 mL) coconut water (or sub plain water)
 1 cup (150 g) strawberries, fresh or frozen*
 1 cup (225 g) pineapple chunks, fresh or frozen*
 1 medium orange, peeled
 6 leaves of fresh mint

DIRECTIONS

Place all ingredients in a blender, and blend until smooth. Serve immediately and enjoy!

NOTES

1. *It's best if at least one of the fruits - strawberry or pineapple - are frozen to create a cold and creamier smoothie. If neither is frozen, add 1/4 cup ice cubes.
2. **Variations:** add any other fruits you desire, such as frozen raspberries and berries or mangoes.

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