

Mint Cucumber Refresher

Ingredients

- 1 pineapple or 1.5 lb bag of frozen pineapple (*thawed-this is what I do*)
- 2 inch piece of fresh ginger
- 1/2 cup fresh mint
- Handful of spinach
- 2 cucumber peeled and cut into chunks
- 1/2 cup- 1 cup water

Directions

1. Add all ingredients to a blender and blend until smooth
2. Use a strainer or mesh cloth to strain- mine are under \$10 from amazon and I love them!
3. Store in an airtight container- a Kerr jar works great!
4. It's good for 4-5 days!
5. When you are ready to drink pour over ice and top off with your favorite sparkling water. Garnish with mint or a cucumber!

MADE WITH LOVE

by Teresa Forehand