

RECIPE | CUCUMBERS

# CUCUMBER PINEAPPLE SMOOTHIE



[PURE-FLAVOR.COM](https://www.pure-flavor.com)

# CUCUMBER PINEAPPLE SMOOTHIE

Recipe created by Alicia Galantic



**10 min**

**10 min**  
PREP.

**0 min**  
COOKING



**2**



**easy**

## INGREDIENTS

- 1 lb** Pure Flavor® Mini Cucumbers, sliced and divided
- 1** lime, juiced
- 3 cups** unsweetened coconut water
- 1 cup** pineapple, sliced into triangles & divided
- 1 cup** fresh mint
- 1 cup** ice

## DIRECTIONS

- 1** Set aside a few slices of cucumbers and pineapple for garnish.
- 2** Add all remaining ingredients to a high-speed blender and blend until smooth.
- 3** Pour mixture into glasses and garnish with remaining pineapple and cucumber slices on the rim of each glass.