

PINEAPPLE CUCUMBER *Smoothie*

\$1.95
per serving

30 MINUTES
OR LESS

6 INGREDIENTS

Buy Local!

1/2 cup (52 g) sliced cucumber
(skin on | organic when possible)
1 heaping cup (190 g) cubed pineapple
(if frozen, omit ice)
1/2 large ripe, peeled, frozen banana
1/4 cup (60 ml) light coconut milk*
1/2 cup (120 ml) filtered water
1 lime, zested + juiced (-1 tsp zest // 2 Tbsp juice)
1 large handful (70 g) greens (spinach or kale |
organic when possible)
2-4 ice cubes



*highlighted ingredients can be bought at the market!



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FARM
FRESH
& FAST

HOW TO: PINEAPPLE & CUCUMBER SMOOTHIE

1. Add cucumber, pineapple, frozen banana, light coconut milk, water, lime zest, lime juice, greens, and ice cubes to a blender and blend on high until creamy and smooth, scraping down sides as needed.
2. For a thicker smoothie, add more ice. For a thinner smoothie, add more liquid of choice.
3. Taste and adjust flavor as needed, adding more lime juice or zest for acidity/brightness, banana or pineapple for sweetness, coconut milk for creaminess, and greens for more intense green color.
4. Serve immediately. Leftovers will keep covered in the refrigerator up to 24 hours, though best when fresh.

why is it healthy?

PINEAPPLE

Pineapples contain half of your daily requirement of vitamin C and are a great source of manganese, necessary for strong bones, it also aids in protein digestion.

CUCUMBER

Cucumbers are a low calorie, high fiber, and hydrating vegetable that contain B vitamins that reduce stress and help you maintain a healthy weight.

COCONUT MILK

Coconuts are highly nutritious and rich in fibre, vitamins C, E, B1, B3, B5 and B6 and minerals including iron, selenium, sodium, calcium, magnesium and phosphorus.

This recipe is from Minimalist Baker

Go to minimalistbaker.com to see more recipes!

<http://minimalistbaker.com/creamy-pineapple-cucumber-smoothie/>

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