THE LIGHTER PLATE METHOD

Pineapple, Ginger & Mint Blitz

Bright, zingy and tropical, with a peppery ginger finish.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**2**	**EASY**

Ingredients

- 300 g fresh pineapple chunks
- 2 cm piece fresh root ginger (grated)
- 1 large handful fresh mint
- 1 lime
- 200 ml coconut water
- 1 handful ice

Method

1. Put the coconut water, ginger, mint and the juice of the lime into the blender.
2. Add the pineapple and ice.
3. Blend on high for 40 seconds until smooth and frothy on top.
4. Pour into two glasses without straining — the froth is half the appeal.

Tips & swaps

- Fresh pineapple is much better than tinned here, which tastes flat and syrupy. Freeze the chunks and you can skip the ice altogether.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
110	**1g**	**26g**	**0g**	**2g**

Estimated values, for guidance only.