



Bloat-Busting Pineapple Smoothie

Serving: 1

Veg

Ingredients

- 1 cup coconut water
- 1/2 of one fresh pineapple peeled and cored
- 1/2 large cucumber
- 1 teaspoon chopped fresh ginger
- 1/2 teaspoon turmeric powder
- ice few

Preparation Method

- Combine coconut water, pineapple, cucumber, ginger, turmeric and ice in a blender. Blend on high for one minute until smooth.
- Pour into a glasses and serve immediately. Enjoy!