

Green Juice with Coconut Water and Pineapple

Ingredients

- 1 cup cold coconut water
- 1 heaping cup pineapple chunks (fresh or frozen)
- 1 small cucumber, chopped
- 1 packed cup baby spinach
- ½ small green apple, chopped (optional, for sweetness)
- 1 Tbsp lime juice
- 3–4 ice cubes

Instructions (blender method)

1. Add coconut water to the blender first (liquid at the bottom helps blades catch).
2. Add pineapple, cucumber, spinach, apple (optional), lime juice, and ice.
3. Blend on high 45–60 seconds until smooth. For a clear “juice,” pour through a fine strainer or nut-milk bag and press; for a fiber-rich smoothie, serve as is.
4. Taste and adjust: more lime for brightness, more coconut water to thin.

Juicer method

Run pineapple, cucumber, spinach, and apple through a juicer; stir in coconut water and lime at the end.