

Refreshing Pineapple Cooler

Try this refreshing pineapple drink at home!

Ingredients:



1 small or medium
Pineapple*
(cored, rind taken off, and
coarsely cubed for the
blender)

*Canned Pineapple works too!



OR



2 Cups of Water (or
coconut milk if you
want a creamier
drink!)



Juice from half a
lemon!

Instructions:

*Make sure
you have help
from an adult
when using the
blender!*



*Chef Tip:
Make it a slushy by
adding 1-2 cups of ice to
the blender!*



1 Put all ingredients in a high
powered blender and blend
until smooth!



2 Enjoy!