

## **Pineapple Cucumber Refresher Smoothie**

*This delicious smoothie is cool, light and refreshing!*

### **Ingredients**

*½ cup Coconut Water  
2 cups cubed Pineapple, peeled and cored  
1 cup diced Cucumber, thin skinned recommended, if thick skinned then peel  
2 ripe Bananas  
2 cups Spinach, packed  
2 cups Ice Cubes  
Agave Nectar to taste (optional)*

### **Preparation**

*Blend coconut water, pineapple, cucumber, bananas, spinach and ice in a blender until smooth. Add agave nectar for a sweeter taste if preferred.*

*Serves 2*