

Pineapple & mint frappe recipe

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Keep cool this summer with this refreshing pineapple and mint frappe.

Ingredients

Time: 5 mins

Makes: 4-6 cups

- 1 pineapple
- ½ packed cup mint leaves
- 12-20 ice cubes

Method

Prepare pineapple by topping, tailing and removing outer skin.

Add all ingredients, starting with 12 ice cubes, to a high-powered blender.

Blend on high until icy and well combined.

Should the mix require more ice, add as needed.

Enjoy immediately.

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function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-
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container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() {
$(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/'
+ nid, function(data) { //$('#.result').html(data); alert('This recipe was added to your favorites list');
}); }
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