



SUMMER SUNRISE

Prep time: 10 minutes **Serves:** 2

Ingredients

- ½ cup (125ml) coconut water
- ⅓ cup (80ml) fresh orange juice
- 1 medium apple (150g), quartered, cored
- ½ small ripe pineapple (450g), peeled, cored, chopped coarsely
- 1cm (½-inch) piece fresh ginger, peeled, sliced thinly
- 1 cup ice cubes

1. In this order, place coconut water and orange juice, then apple, pineapple and ginger in a blender. Add ice cubes; blend on high-speed for 1 minute or until smooth.
2. Serve topped with chopped pineapple, mint and pineapple fronds, if you like.

Did you know?

This low-carb icy smoothie is packed full of vitamin C, fibre, potassium and enzymes that aid in gut health and digestion.