

Fresh Cucumber and Pineapple Water



Prep: 15 min. - 4 hrs

Cook: 0 min.

Portions: 8-10

INGREDIENTS

- 1 pineapple (washed, peeled, and cubed)
- 2 large cucumbers (washed and cubed)
- 1/2 cup lemon juice
- Cane sugar or sweetener of choice (to taste)
- 3 liters of water



Photo by Alex Lvrs.

INSTRUCTIONS

1. Mix 2 liters of water in a large container with sweetener.
2. Blend part of the remaining 1 liter of water with the cubed pineapple. Option to mash the pineapple with a fork. If mashing, first let it sit in the water and pineapple sit in the fridge for up to four hours. Strain the mixture and add the sweetened water.
3. Blend or mash the cucumber with the rest of the reserved water and lemon juice.
4. Combine the cucumber and pineapple water and then put in the fridge to cool before drinking.

CHEF'S NOTES

Add extra cubed pineapple and cucumber for garnish.