



Piña-Kale-ada



the 3X Bluicer Pro™

Sage

Piña-Kale-ada

 Prep 10 minutes

 Serves 4



the 3X Blucifer Pro™

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- 4g (approx. 15) fresh mint leaves*
 - 120mls white rum*
 - 215g (approx. 1) flesh from a drinking coconut*
 - 250ml coconut water*
 - 120g (approx. 6) ice cubes*
 - 190g (approx. 2) limes, peeled*
 - 430g (approx. ¾) peeled pineapple*
 - 150g (approx. 5) Green kale leaves*
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Method

- 1. Add mint leaves, rum, coconut flesh and water and ice cubes into the blender jug and attach to juicer spout.*
- 2. Turn variable speed dial to Speed 1 and juice limes.*
- 3. Increase speed to 7 and juice pineapple.*
- 4. Increase speed again to 9 and juice kale leaves.*
- 5. Remove juicer attachment and place blender jug onto motor base. Close lid securely.*
- 6. Select speed 10 and blend for 1 minute. Serve in iced tall glasses.*

Tips

Young coconut flesh will need to be removed from a fresh drinking coconut. Buy one that has a hole already cut out from the top.

Depending on the age of the coconut, you may need to blend for more time.