

Pineapple Cherry Ginger Lifter

by Françoise La Prune

serves	level	prep time
2 - 3 people (750ml / 3cups)	easy	5 min

Give yourself a good kick with this vibrant, refreshing and fruity 'Pineapple Cherry Ginger Lifter'! Besides providing you with a real vitamin C boost, it has supremely beneficial properties for your digestion and your gut in general, it is a powerful anti-inflammatory agent and will help your flexibility - a real smooth operator! ;-)



Ingredients

1 medium **pineapple** *app. 750g / 26.5oz*
150g / 1 cup / 12 **cherries**
2tsp **finely grated ginger**
6 **mint sprigs** - *leaves only*

optional:

honey - *if your pineapple is not sweet enough*

coconut water - *to make it more liquid*

ice cubes - *to make it more refreshing*

Tips / Variations:

- Skip the cherries if you don't find any in season.

Instructions

1. Peel the pineapple and cut into chunks (*use the core!*). Pit the cherries.
2. Add the pineapple chunks, the pitted cherries, ginger and mint to your blender and blend until smooth.
3. Taste and adjust with honey, coconut water and ice cubes if needed.
4. Enjoy!

