

Makes 3-4 Servings

Diary
of a
PMP
Mom.

PINEAPPLE AGUA FRESCA

1 Cup Fresh Pineapple Chunks
2 Cup Coconut Water
1-2 tbsp. Raw honey
1 Fresh Lemon (*Juice*)
Ice Cubes

- 1 Put all the ingredients in the blender and blend well.
- 2 Strain the juice through a mesh strainer. Discard the solids.
- 3 Refrigerate until chilled. Serve over crushed ice cubes!

A refreshing and nourishing drink, with Pineapple and Coconut water that is just too good to resist!

For step by step instructions with pictures visit www.DiaryofaPMPmom.com