



Piña-Kale-ada



the 3X Bluicer Pro™

Breville

Piña-Kale-ada

 Prep 10 minutes

 Serves 4



the 3X Blucifer Pro™

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

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.