

# Creative Gourmet

## Pineapple Mint Frappe



Serves  
4



Prep Time  
5 min



Cook Time  
0 min



### Ingredients

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- 1 cup Creative Gourmet Frozen Pineapple Pieces
- ¼ cup chopped mint
- 1 cup Creative Gourmet Coconut Water
- 1 cup ice

Lime wedge to garnish



Products Used In This Recipe

### Method

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1. Add the diced pineapple, mint, coconut water and ice in a blender and pulse to combine.
2. Garnish with a wedge lime.