



## **Pineapple cucumber cooler**

Makes 750ml

### **Ingredients :**

- 1 pineapple, peeled, cored and cubed
- 1 cucumber, chopped
- 2-3 Tbs Selati sweetener or sugar, to taste
- 1L sparkling mineral water, chilled
- 3 limes, juiced
- Ice, to serve

### **Methods :**

1. Blend together pineapple, cucumber, sugar and 1 cup of the water until smooth. Strain through a fine sieve, pressing the pulp down to extract as much juice as possible. Discard the pulp.
2. Transfer to a jug and add the lime juice.
3. Pour into glasses filled with ice to  $\frac{3}{4}$  full then top up with sparkling water. Serve garnished with cucumber ribbons.