

Everything Herbal

by Cheryl Jabz

Cucumber & Pineapple Hydration Drink



INGREDIENTS:

- ♥ 1 cup fresh pineapple chunks
- ♥ 1/2 cucumber (peeled if waxed), sliced
- ♥ 1–2 cups cold water (or coconut water for extra electrolytes)
- ♥ Juice of 1/2 lime (optional but brightens flavor)
- ♥ 4–6 mint leaves (optional)
- ♥ Ice cubes

INSTRUCTIONS:

Add cucumber, pineapple, and water into a blender. Blend until smooth. Strain if you prefer a lighter juice (or leave it pulpy for fiber). Stir in lime juice and mint. Serve over ice and enjoy chilled.

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This Recipe!



OPTIONAL BOOST IDEAS:

- ♥ Add ginger for digestion and nausea support.
- ♥ Add chia seeds for fiber and fullness.
- ♥ Use coconut water instead of plain water for potassium and electrolytes.



BENEFITS:



Cucumber: Very hydrating (over 90% water). Helps reduce bloating. Contains antioxidants that support skin and inflammation balance.



Pineapple: Contains bromelain, an enzyme that may help digestion and reduce inflammation. Naturally sweet and supports energy without added sugar. Supports gut comfort after heavier meals.



Overall drink benefits: Excellent for hydration and electrolyte balance. May help reduce water retention and puffiness. Supports digestion and gut motility. Light, refreshing option if you're watching blood sugar or appetite.



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