

# **PINEAPPLE SLUSHY**

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## **INGREDIENTS**

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1 cup pineapple	1/8 tsp turmeric
1 cup water or coconut water	1/4 tsp cinnamon
1/2 cup ice cubes	1 fresh lemon, juiced
1/2 inch ginger, peeled and chopped	

## **PROCEDURE**

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Put all ingredients into a blender.

Blend until all combined.

Can add stevia if need to be sweeter.