



# Pineapple Cucumber Freeze

Serves: 4 servings

Preparation time: 30 minutes

## Ingredients

16 oz frozen pineapple chunks  
16 oz frozen cucumber  
2 tbsp natural sweetener  
1 ½ tbsp fresh lemon juice



## Directions

- Place all ingredients in a blender.
- Process until well blended and fluffy in texture.
- Serve immediately.

NUTRITIONAL DATA PER SERVING (1 serving): calories 64 | fat 0g | saturated fat 0g | cholesterol 0.mg | sodium 9mg | carbohydrates 16g | fiber 0.9g | protein 0g | potassium 104mg | phosphorus 8 mg