



# Pineapple Cream Smoothie

Large Chunk of fresh Pineapple

Handful of Ice

Organic Whipping Cream

Maple Syrup

\*Use Pineapple Juice to thin if needed.

## TIP: Peeling a Fresh Pineapple

Whack off Pineapple top (use a serrated knife for this operation)

Place Pineapple upright and cut peel off from top to bottom. A properly ripened Pineapple (has sat on your counter for several days then maybe was in the refrigerator for several days, feels somewhat soft, mostly golden color) slice cross-wise and store in refrigerator. In a properly ripened Pineapple the Core should be edible, if it's not, don't eat it!