

In all the Latin American countries food is thought of as medicine. Pineapple helps to cleanse the body. It fights germs and helps calm allergies. It is a natural anti-inflammatory.

## **PINEAPPLE COCONUT SMOOTHIE**

2 cups fresh pineapple cut into chunks  
1 cup other fruit (peach, grapes, plum, or berries)  
2 cups coconut milk  
½ tablespoon maple syrup or honey  
handful of ice (about 6 cubes)

### **Optional Toppings**

Whipped cream (canned has less calories)  
Toasted Coconut  
Pinch of cinnamon (brain food)

Place everything except ice in blender and puree well.  
Add ice and puree again until you have a thick slush  
Pour into tall glass and top with cream, coconut and a pinch of cinnamon.