

Licuada de Piña y Nopal



Pineapple and Cactus Smoothie (Makes about 1 ½ cups)

1 cup fresh pineapple, cubed

½ cup fresh nopal* (cactus paddle), cubed

½ cup freshly squeezed orange juice

¼ cup water

6-inch piece of celery

→Place all of the ingredients in a blender. Blend on medium-high for 1-2 minutes.

→Pour juice through a fine-mesh strainer to remove fibrous pulp. Push the liquid through the strainer with the back of spoon. Enjoy!

NOTES:

- *You can buy nopal (cactus paddle) at Mexican/Latin grocery store. It is best when tender and fresh.

Recipe Source: Me ☺