

## Pineapple & mint frappe recipe

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## Pineapple & mint frappe recipe

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(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js =  
d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1";  
fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.cre  
ateElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,  
fjs);}}(document,"script","twitter-wjs");
```



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(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true;  
po.src = 'https://apis.google.com/js/plusone.js'; var s =  
document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
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Keep cool this summer with this refreshing pineapple and mint frappe.

### Ingredients

Time: 5 mins

Makes: 4-6 cups

- 1 pineapple
- ½ packed cup mint leaves
- 12-20 ice cubes

### Method

Prepare pineapple by topping, tailing and removing outer skin.  
Add all ingredients, starting with 12 ice cubes, to a high-powered blender.  
Blend on high until icy and well combined.  
Should the mix require more ice, add as needed.  
Enjoy immediately.

```
function displayNutrition(msg) { $('nutrition-label-container').text(msg); $('nutrition-label-
```

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```
container').fadeIn(1000, function() { c_obj = $(this); window.setTimeout(function() {  
$(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/'  
+ nid, function(data) { //$('#.result').html(data); alert('This recipe was added to your favorites list');  
}); }
```