

# Kiwi Pineapple Agua Fresca

**Serving size:** 1 cup; makes 8 servings

**Prep time:** 5 minutes

**Total time:** 5 minutes

## Ingredients

- 4 cups fresh pineapple chunks
- 5 whole kiwi, peeled
- 4 cups water



## Preparation

1. Add pineapple, kiwi and water to a blender.
2. Blend until all chunks are gone and the mixture turns into a smooth drinkable juice.
3. Serve chilled or over ice.

## Nutritional Information

### Per serving

Calories: 66  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Total Carbohydrate: 17g  
Dietary Fiber: 1g  
Sugar: 11g  
Protein: 1g  
Sodium: 2g

*Adjusted from:* <https://www.joyfulhealthyeats.com>