Spring Green *Licuado*
Licuado Verde

Makes 4 drinks

2 cups cored, peeled, cubed (1/2-inch cubes) pineapple (you'll need about 1/2 of a sweet, ripe pineapple)
4 cups sliced greens (in Mexico they typically use fresh alfalfa, but it's great with green kale, spinach or green chard—you'll want to cut off stems and thick central stalks), loosely packed
2 tablespoons roughly chopped herb leaves (I like mint the best, but some people prefer cilantro or parsley, or a combination of all of them), loosely packed
2 tablespoons fresh lime juice
2 tablespoons sugar or *agave* nectar

In a blender combine the pineapple, greens, herb leaves, lime juice and sugar with 1 ½ cups water. Blend on high until the greens are pureed, about 1 minute. Taste for sugar—if your pineapple isn't very sweet, you may want to add a tablespoon or two more. Re-blend the mixture to dissolve the additional sugar, then strain the *licuado* into glasses filled with ice and serve right away. (This *licuado* starts to separate shortly after blending; a brisk stir will bring it back together.)