

PINEAPPLE JUICE WITH GINGER AND MINT



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Ago. | Set. 12

Photos: Virgílio Rodrigues



INGREDIENTS

- 1 slice pineapple
- 1 tsp grated ginger
- 10 mint leaves
- 200 ml water
- 1 tbsp honey

METHOD

Place all the ingredients in a liquidiser and blend for about a minute • Strain the juice and serve