

Servings: 4 Serving size: 1 cup (8oz) Prep Time: 30 mins -overnight

Calories Per serving: 30

Carbohydrates:7g • Protein: .3g • Fat: 0g

INGREDIENTS

- 1 whole pineapple, peeled and wedged
- ½ - 1 tablespoon ginger
- 2 litre jug of water

METHOD

1. Cut up pineapple wedges into small pieces and add to jug.
2. Thinly slice ginger pieces and add to jug.
3. Fill jug with water and refrigerate or let sit for up to 4 hours or overnight to allow essence from the pineapple and ginger to infuse into the water.



Variation: Use fresh fruits, vegetables and herbs of your choice. These can be water-melon cubes, mint leaves, lemon or lime slices, cucumber or even berries and cherries. But be sure to use hard fruits as these give better results.