

Pineapple Water ingredients

2L of cold water

500g pineapple extra sweet

method

1. Peel & trim the pineapple.
2. Place all the trimmings into ice cold water and leave to infuse for a minimum of 4 hours.
3. Refridgerate & stir regularly.

Carrot & Mint Water ingredients

2L of cold water

500g carrots 20g

fresh mint

method

1. Peel & trim the carrots.
2. Wash & chop the mint.
3. Place all the carrot trimmings & mint into ice cold water and leave to infuse for a minimum of 4 hours.
4. Keep re Fridgerated & stir regularly.