

Cooking
is
Bliss!

Ingredients

- 1 pineapple
- 4 oranges
- ½ lime
- ¼ lemon
- 3-inch knob of ginger
- 2-inch knob of turmeric



1. Peel pineapple, oranges, lime, lemon, ginger, & turmeric
2. chop into smaller pieces that can fit through your juicer
3. Add pineapple oranges, lime, lemon, ginger, & turmeric to the juicer
4. Pour, drink, & enjoy!

THIS COMBINATION IS
KNOWN FOR ITS ANTI-
INFLAMMATORY
PROPERTIES & VITAMIN C
BOOST WHICH IS GREAT FOR
YOUR IMMUNE SYSTEM! IT'S
TANGY, DELICIOUS, & SO
EASY TO MAKE!

