

Need something refreshing & quenches your thirst?

Pineapple Ginger Refresher

Ingredients:

1/2 pineapple, chopped
2-inch ginger, sliced
8 cups water

Instructions:

Combine all ingredients in a large pitcher and let it chill in the fridge for at least an hour.



Benefits of drinking this pineapple ginger refresher:

Digestion: Pineapple is rich in vitamins and minerals and contains bromelain, an enzyme that aids in digestion. Ginger is also known for its digestive benefits.

Hydration: Drinking water with pineapple can make it more flavorful and encourage you to drink more water, which is important for staying hydrated.

Anti-inflammatory: Ginger contains anti-inflammatory properties, which may help with reducing inflammation.

Enjoy your refreshing and nutritious pineapple ginger drink!

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