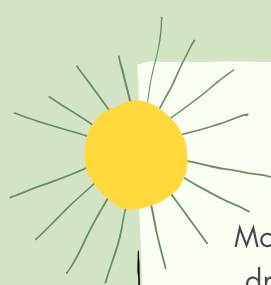


# SOWING THE SEEDS: VEGAN COOK ALONG

WITH '@BRUH RU VEGAN'



## PINEAPPLE AND GINGER JUICE

Mohamed (Bruh yu vegan) taught us this recipe. It is traditionally drunk in Sierra Leone . It reduces the amount of plastic bottled juice we buy and taste incredible

It is packed full of the enzyme Bromelain, which is great for digestion, underlying inflammation and for your immune system along with the warming properties of the Ginger, Cinnamon and Clove makes it ideal after a long day of fasting.

### INGREDIENTS:

200g of sweet sliced Pineapple  
50g of peeled and cut fresh Ginger  
Filtered water  
50g of brown sugar (sugar alternatives)  
1 teaspoon of powdered Clove  
1 teaspoon of Cinnamon



### INSTRUCTIONS:

Blend all the ingredients in a blender and add filtered water according to preference until it reaches the desired thickness of the juice

Strain out the juice using muslin cloth (put the remains in your compost)

Add sugar (or a sugar alternative ) and 1 teaspoon of powdered cloves and cinnamon

