







- ✓ Pineapple juice
- √ Honey
- ✓ Fresh crushed pineapple
- ✓ Pinch of sea salt
- Blend & sip on the refreshing juice all day!
- Pineapple contains bromelain, an enzyme that helps thin mucus and reduce inflammation.
- Soothes sore throats, reduces congestion, boosts the immune system.



