

## **Cooking without Fire 2020-2021**

### **Topic: Detox Drink**

#### **Pineapple and Orange/Lemon Detox Drink**

##### **Ingredients:**

1. Pineapple
2. Orange
3. Lemons
4. Ginger
5. Black Pepper
6. Turmeric
7. Water

##### **Equipment's used**

1. Orange squeezer
2. Lemon Squeezer
3. Mixer Grinder

### **Step 1**

**I cut the Pineapple and kept everything ready.**



## **Step 2**

Then I Squeezed the orange with an orange squeezer to obtain the Juice of it.



## **Step 3**

Then I squeezed the Lemon with a Lemon squeezer to obtain the juice of it.



## **Step 4**

First, I put the Pineapples and then I put the orange and lemon juice mixture.



## **Step 5**

Then I added the black pepper, Ginger and Turmeric





## **Step 6**

Then I mixed all of them



## **Step 7**

Then I added some water and poured it into a cup and added a mint leaf just as a decoration.



## Step 8

This is the finished product



This is me drinking it 😊



**These are the benefits of the Ingredients given in this Detox Drink**

- 1. Pineapple:** Pineapple is one of the main sources of Vitamin C but it also contains vitamin A, B6, E and K. Pineapple is packed with nutrients, antioxidants and other helpful compound, such as enzymes that can fight inflammation and diseases.
- 2. Orange and Lemon:** Oranges and Lemons are a very good source of Vitamin C. It protects our cells from damage and has many more advantages from eating eat.
- 3. Ginger:** Ginger is one of the best vegetables to Calm Nausea, Soothes sore Muscles, Curbs cancer growth and there are many other advantages of the ginger. It might be weird in taste but is very good for our body.
- 4. Turmeric:** Turmeric is rich in Vitamin C and B6 and other antioxidants that reduces the risk of serious health condition like heart diseases and diabetes.
- 5. Black Pepper:** Black pepper is a rich source of Vitamin C, K, E, A, B1, B2, B5, B6. Putting little bit of black pepper to your food is healthy for the body as it contains many antioxidants that can help prevent diseases. It also improves blood sugar and lower cholesterol level.
- 6. Water:** Water is a Colorless, transparent, odorless liquid that we must consume in order to keep our body hydrated and to work properly.

Thank you! 😊