

My Super 🦸 Juice

Trim and cut 2x whole pineapples 🍍



Reserve the pineapple tops, bottoms and removed skins (*roughly chopped*) to boil with 4 cups of water and 1tbsp of kosher salt for bromine water.

Quarter each pineapple, remove and discard the cores, roughly cut the flesh and then blend until a smooth pineapple whip has been achieved for a **THICK** pineapple juice whip... you can use with the pineapple fiber OR strain and reserve juice.



In a blender add the reserved and stained hot bromine water plus the Dandelion root (3Tbsp), milk thistle seed powder (2tsp) and freshly ground black pepper (1tsp) and allow to steep for 5 minutes. Then add the roughly chopped ginger 🍵 and turmeric roots, zest from 6-9 lemons 🍋, zest from 4-6 oranges 🍊 and approximately 1/4 cup of local honey 🍯 then blend until no chunks of ginger or turmeric and a smooth mash had been achieved.



Put ginger, turmeric mash/tea into a clean nut bag and strain with gravity and/or pressure to extract as much juice from the mash as possible and add to strained tea with reserved pineapple juice/whip.

Add the juice from 6-9 lemons and 4-6 oranges to reserved juice. Shake or mix the reserved juices in a gallon pitcher and then divide into smaller glass bottles for easy dosing through the week.



Use case:

- Casey drinks 4oz per night after dinner.
- Karen drinks 2oz per night after dinner with the juice of one orange added to improve drink ability.
- We reserve the spent mashes to be used as fiber and supplement additions for Karen's senior dog homemade treats.