THE LIGHTER PLATE METHOD

Pineapple & Ginger Thermogenic Juice

A sharp, warming green-tea juice with a good ginger kick.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 1 slice pineapple
- 200 ml green tea (brewed and cooled)
- 1 sliver fresh root ginger
- ground cinnamon (to taste)

Method

1. Blend the pineapple, green tea and ginger together.
2. Drink cold, with a dusting of cinnamon.

Tips & swaps

- Fresh pineapple gives a much brighter flavour than tinned here.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
60	**0g**	**14g**	**0g**	**1g**

Estimated values, for guidance only.