



# PINEAPPLE PUNCH

Fresh pineapple is the only known source of an enzyme called bromelain. Pineapples are also a rich source of antioxidants, helping to fight against free radicals in the body, preventing cell damage.

## PANASONIC JUICER RECIPE

### Ingredients

- 1/4 medium pineapple
- 1 stick of celery & 1 carrot
- 1 apple (we used golden delicious)
- 100ml coconut water
- 1" piece of lemon

1. Peel and cut the pineapple to fit into the chute of the juicer.
2. Juice all ingredients and pour over ice.