

# Pineapple peel infusion

What do you do with the pineapple peel? Well, don't throw it away!

You can use it to make a pineapple peel infusion.

I'm sharing with you a simple trick from our grandmothers to purify our kidneys and quench our thirst.



## Ingredients:

- \* 1 litre of water
- \* Pineapple peel

## Preparation

- \* Wash the pineapple skin thoroughly.
- \* Boil it for 20 minutes.
- \* Turn off the heat and allow it to cool.
- \* Strain the resulting infusion liquid and let it chill.

## Notes :

You do not need to sweeten your infusion. Taste it fresh and enjoy the taste of pineapple in all its forms.

If possible, we advise you to use natural and local pineapple. In this regard, beware of supermarket pineapples selling as "Organic".

Check the pineapple label, some have left the Ivory Coast to go to Holland and then come back here; in this case, prefer your local non-organic pineapple.

Do not boil but simmer for 15 minutes.