



Triple fruit juice

Serves 2

Ingredients :

- ½ pineapple, peeled and chopped
- 1 small mango, pip removed and chopped
- ½ small papaya, peeled, seeded and chopped
- Sprig of mint
- Knob of ginger, peeled
- Selati sweetener or sugar, to taste

Methods :

Place the pineapple, mango and papaya in a juicer with the sprig of mint and ginger and juice.

Stir in the Selati sweetener or sugar to taste. Serve with ice.