

What is the best time to drink pineapple juice? 3 recipes to make pineapple juice helps to lose weight, beautiful skin

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Pineapple, orange juice helps with weight loss

Resources:

1. Oranges: Choose juicy and juicy oranges.
2. Pineapple: Choose ripe fruit and remove the eyes.
3. Water.
4. Salt, sugar.

How to make pineapple orange juice

Step 1: Pineapple slices into pieces, remove the core or leave as you like. Orange areca pieces, remove the skin and seeds.

Step 2: Put the orange and pineapple in the juicer. Add water, a pinch of salt, sugar to the pineapple orange juice and stir well.



Pineapple juice and honey

Resources:

1. Pineapple ripe: 1 fruit. Peel off the skin, eyes and chop into small pieces.
2. Honey: 10ml.
3. Filtered water: 500ml.
4. Salt: 1/2 teaspoon.
5. Ice cubes (if you want to drink cold).

How to make pineapple honey juice

Step 1: Put pineapple and 300ml of filtered water into a puree.

Step 2: Pour the pineapple juice into a cup. Add remaining water to the blender to the residue.

Step 3: Cut the remaining pineapple juice out of the original pineapple juice, add salt, honey, ice cubes and enjoy.



Pineapple and passion fruit juice

Resources:

1. Pineapple honey: 1 fruit. Peel, pineapple eyes, remove the hard core and cut small pieces.
2. Passion fruit: 2 fruits.
3. Filtered water: 500ml.
4. White sugar / rock sugar.
5. Ice.

Recipe made pineapple passion fruit juice

Step 1: Put the chopped pineapple with 300ml of filtered water into a puree. Pour pineapple juice out of a cup. Pour the rest of the water and continue with the pulp and filter the pineapple juice.

Step 2: Passion fruit, halve to take meat, put seeds and place in a cup of pineapple juice. Add sugar, ice to taste and stir and enjoy.



The best time to drink pineapple juice

1. Pineapple juice is drinkable at all times of the day but in the morning is best.
2. Pineapple juice should be taken about 2 hours after a meal because to avoid damage to the stomach and digestive system.
3. Do not drink too much pineapple juice in the evening can cause bloating, flatulence, indigestion.
4. Pineapple juice should only be used up to 3 times a week, avoiding stomach and intestinal effects.

Pineapple juice for how long?

Pineapple juice should be taken immediately after reconstitution to ensure a delicious and nutritious taste. Pineapple juice can be stored for 1-3 days in glass containers, tightly closed in a refrigerator compartment at a temperature of 2-4 degrees C.

1. [What is passion fruit juice for? How to make delicious passion fruit has summer thirst](#)
2. [Making homemade mango ice cream in 4 simple ways, no machine required](#)

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