

Secret Diary of an Average Girl

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Immune System Boosting Water

Category: Drinks

Time: 10 minutes

Servings: from 1 to several more

Ingredients

- ✓ Chai Tea - *Infused to taste, quantity on thirst*
- ✓ 1 Cup Pineapple - *in cubes*
- ✓ A Handful of Mint - *washed*

Procedure

Put every ingredient in a container and let the tea infuse in the fridge for at least 2 hours, up to one night. Enjoy this refreshing drink as it is or blended. For some extra freshness, add a few ice cubes before blending (but this is not ideal for a delicate stomach)! Can be drunk up to 24 hours after mixing.

Wait for me girl. I'll be back soon to protect you from the cold.
In a cave full of hot tubes.

