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DETOX WATERS FOR **Autumn & Winter**

AS THE SEASONS TURN COLDER, FRUIT BECOMES SCARCER, SO STOCK UP ON VITAMIN-C WITH CITRUS-RICH DETOX WATERS. AUTUMN AND WINTER ARE ALSO GOOD TIMES OF THE YEAR TO PAMPER YOURSELF WITH HEALTH-ENHANCING PLANT INFUSIONS AND HERBAL TEAS.

ANTIOXIDANT WATER

WITH POMEGRANATE

& BANANA

PREPARATION TIME 5 MIN
INFUSION TIME 12 HRS



NUTRITIONAL BENEFITS

POMEGRANATE

This is one of the most beneficial fruit for its antioxidant content, which is more active than that of green tea and red grapes. Anthocyanins are what give pomegranate seeds their red colour. Pomegranate is believed to prevent some cancers, cardiovascular disease and certain neurological disorders.

BANANA

Besides being alkalizing and beneficial for intestinal flora, bananas are also believed to play a role in preventing certain cancers.

1L (32 FL OZ.)

- Cut the bananas into slices.
- Chop the pomegranate in half and remove the seeds, discarding the white skins.
- Gently crush the pomegranate seeds.
- Place all the ingredients together in a jar.
- Leave to infuse for at least 12 hours in the refrigerator before serving.

PURIFYING WATER

WITH BLACK RADISH

& PEPPERMINT

PREPARATION TIME 5 MIN
INFUSION TIME 12 HRS



NUTRITIONAL BENEFITS

BLACK RADISH

An edible root vegetable, the black radish is part of the same family as the turnip. It is traditionally used for its purifying properties and its positive effect on the liver function, but it is also believed to protect against some cancers and age-related memory loss.

PEPPERMINT

Peppermint is reputed to calm any irritated intestines and stimulate digestion.

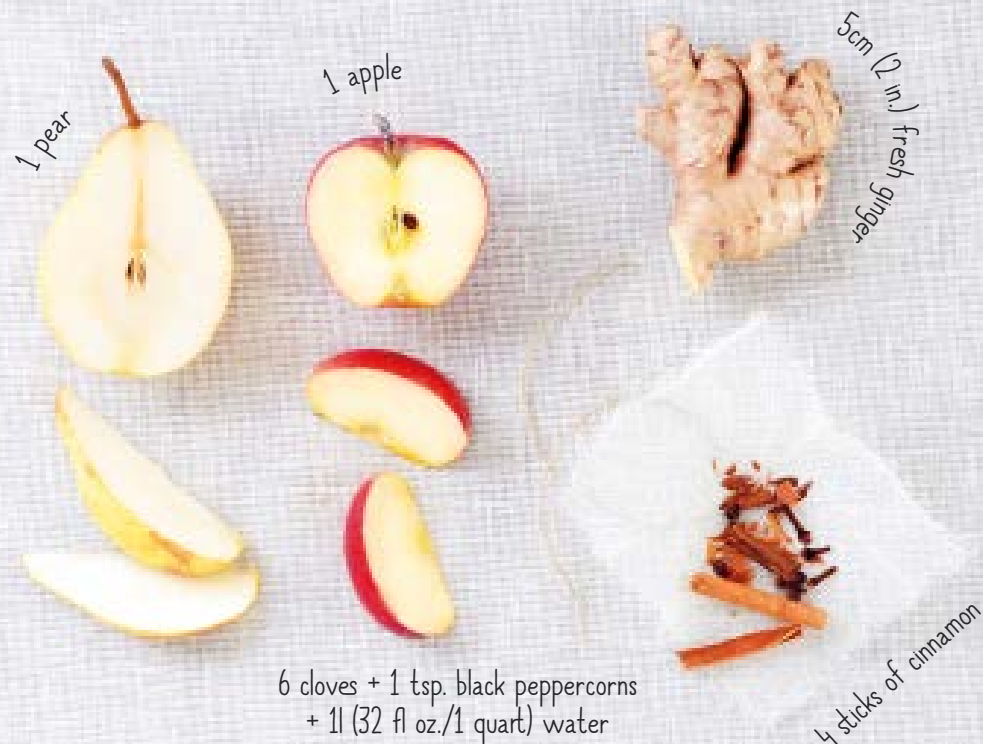
1L (32 FL OZ.)

- Rinse and wipe the black radish, then cut into thin strips.
- Place the dried peppermint in a tea ball.
- Place all the ingredients together in a jar.
- Leave to infuse for at least 12 hours in the refrigerator before serving.

AUTUMNAL WATER

WITH APPLE, PEAR
& WARMING SPICES

PREPARATION TIME 5 MIN
INFUSION TIME 12 HRS



NUTRITIONAL BENEFITS

APPLE

Considered an everyday fruit, apples are often overlooked. As with all fruits, apples contain a lot of antioxidants, vitamins and fibre. In addition, apples reduce the risk of cardiovascular disease and help to lower bad cholesterol.

PEAR

Pears are a rich source of antioxidants and fibre, which lie mainly in the skin of the fruit. Because of this, it is important not to peel pears and choose organic fruit whenever possible.

1L (32 FL OZ.)

- Remove the stalk and core of the apple and pear and cut them into slices.
- Peel the ginger and slice it into thin strips.
- Crush the cinnamon sticks, cloves and peppercorns with a pestle and mortar, then place them in a muslin bag or ball-shaped tea infuser.
- Place all the ingredients together in a jar.
- Leave to infuse for at least 12 hours in the refrigerator before serving.

APPETIZING WATER

WITH MANGO
& TURMERIC

PREPARATION TIME 5 MIN
INFUSION TIME 12 HRS



NUTRITIONAL BENEFITS

MANGO

Antioxidant-rich with polyphenols and carotenoids, mango helps to protect cells from the oxidation caused by free radicals. The fruit also contains vitamin C and E, plus B vitamins.

TURMERIC

Turmeric has anti-inflammatory properties that have a beneficial effect on gastrointestinal system. Turmeric is rich in curcumin, an antioxidant whose effect is optimized when it is eaten with pepper.

1L (32 FL OZ.)

- Peel the turmeric and cut it into thin slices.
- Chop the mango into small pieces.
- Place all the ingredients together in a jar.
- Leave to infuse for at least 12 hours in the refrigerator before serving.

CARROT CAKE

IN A DRINK

PREPARATION TIME **5 MIN**
INFUSION TIME **12 HRS**



NUTRITIONAL BENEFITS

CARROT

As the name suggests, carrots are a good source of carotenoids, including lutein and zeaxanthin, antioxidants that are beneficial for eyesight. Like all carotenoids, they are not water-soluble but rather fat-soluble, so they therefore need to be eaten with a source of healthy fat in order to be assimilated properly. Carrots are also a source of vitamins K, C and E, as well as B vitamins, iron, phosphorus and potassium.

1L (32 FL OZ.)

- Cut the carrots into slices.
- Slice the ginger into thin strips.
- Break the cinnamon sticks into two or three pieces or crush them with a pestle and mortar. Place them in a muslin bag.
- Place all the ingredients together in a jar.
- Leave to infuse for at least 12 hours in the refrigerator before serving. Serve with almond milk ice cubes, if preferred (see page 122).

NOTE

Use the leftover residue of this recipe by making the pancakes (see page 118).

COLOURFUL VEGETABLES

FOR BOUNTIFUL HEALTH BENEFITS

If you can find them at your local farmers' market, use purple carrots rather than orange ones. They are rich in antioxidants.

