



Plum detox drink

(Serves 4)

Ingredients

4 Plums (halved and stones removed)
1 Pear (skin removed, cored & diced)
1 Pomegranate
300ml Apple juice

Method

1. Place the plums and pear into a blender and add the apple juice.
2. For the pomegranate, slice off the top using a sharp knife and cut in half to expose the seeds. Spoon the seeds into the blender.
3. Blend until smooth.