



RED SUNSET CRUSH

1 Serving (8 ounces) / 2 Minute Prep Time

INGREDIENTS

½ / Organic Pineapple

1 thick slice / Organic Watermelon

DIRECTIONS

Remove skin from pineapple and watermelon and cut into small pieces. Juice ingredients. Enjoy

FOOD NOTES

Pineapple is an excellent source of Vitamin C, bromelain and other nutrients like copper and manganese. Bromelain is an enzyme with active ingredients proteinases and proteases, that break down proteins and help with digestion. Further, bromelain helps reduce inflammation, especially in nasal passages, and can be used topically to remove dead skin from burns.

Watermelons are naturally sweet and bundled with vitamins A and C, which support immune function and skin health. Other nutrients include potassium, magnesium, an array of B vitamins, and protective antioxidants supporting cell and overall health. The nutrients in watermelon reduce blood pressure and improve circulation to support heart health. Watermelon also helps reduce muscle soreness, manage weight, aid digestion, and protect your skin

SHOPPING LIST

Item 1: Organic Pineapple

Item 2: Organic Watermelon

BENEFITS

This juice is an exquisite combination of tastes and nutrients. It supports gut health (bromelain in the pineapple), bolsters your immune system, protects your cells, reduces inflammation, helps improve blood flow or circulation, lowers blood pressure and sugar levels and enhances liver health and detoxification.

NUTRIENTS

Nutrients include Antioxidants, B-Vitamins (including Folate), Vitamins A and C, Manganese, Magnesium, Potassium, Copper, Iron, Bromelain (enzymes for digestion). It is also an excellent source of phytonutrients and fiber.