



Kamalaya Detox Juice

Makes approximately 350 ml (1 serve)

Coconut water replenishes and cools the body, while basil and pineapple support digestion –a good accompaniment to any meal.

Coconut water contains electrolytes, making it a natural hydration beverage for hot climates and post-exercise training. It also aids in reducing fevers, calming the nervous system and emotional imbalances, and flushing the liver. It is a potent detoxifying agent, which neutralises toxins in the blood.

Ingredients

Coconut water	300 ml
Fresh pineapple juice	50 ml
Basil leaf	5 g

Method

Place all ingredients in a blender with a few ice cubes and blend on medium speed until well mixed (around 30 seconds).

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here:

www.kamalaya.com/recipes.htm

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