

INGREDIENTS:

- 1 SMALL PINEAPPLE
- 1 SCRAPED VANILLA POD
- 1 ENGLISH BREAKFAST TEA BAG
- 1 TBSP GOLDEN SYRUP

NUTRITION PER SERVING:

KCAL: 33

FAT: 0.1G

SATURATES: 0G

CARBS: 8G

SUGARS: 8G

PROTEIN: 0.1G

SALT: 0.05G

PREP TIME: 5 MINS

COOK TIME: 30 MINS

SERVINGS: 2-3 GLASSES

**HOW TO PREPARE:****STEP ONE:**

Chop the skin and core left over from the small pineapple, plus 1 scraped vanilla pod and put in a pan. Add 600ml water or just enough to cover the fruit and vanilla. Bring to the boil, then cover and simmer for 30 mins, after which the pineapple will be soft and the liquid reduced. Remove from the heat, add 1 English Breakfast tea bag, then steep for 5 mins, or longer if you like. Strain, then sweeten with 1 tbsp golden syrup. Cool, then serve over ice. Will keep in the fridge for up to three days.

**Fruit Fiber Powder For Weight Loss**

Mix 1 1/2 heaped scoops (15g) into your liquid of choice, adding fresh fruits and blending into a smoothie. Use 1 to 3 times per day, or as required.