

# Pineapple Cocktail

Bromelain relieves inflammation which helps the body fight pain and reduces swelling.

6 Servings

## Pineapple Syrup

- 1/2 Pineapple
- 1/2 cup Lime Juice
- 1/2 cup Honey
- 1/2 tsp fine Sea Salt
- 1/2 tsp Espelette Pepper (or Paprika)\*

## Garnish

- 1 tbsp Sugar
- 1 tsp fine Sea Salt
- 1 tsp Espelette Pepper (or Paprika)\*
- 1/2 Pineapple - sliced into wedges with a small slit to secure the garnish on the edge of your glass
- 1 Lime - cut into wedges

## Serving

- 1 liter soda water & ice

## Instructions

- Peel and cut the pineapple into 1 inch pieces, core and all. Discard the skin.
- Place the pineapple in a blender with the lime juice, sea salt, honey, Espelette pepper, and 4 cups of water.
- Blend until completely smooth.

## Garnish

- To garnish the glasses, mix the sugar, salt, and Espelette pepper\* together to combine.
- Pour the mixture onto a small plate.
- Rub the edge of each glass with a lime wedge and dip the edge of the glass into the sugar mixture to make a seasoned rim.
- Dip the outer edges of the pineapple slices as well.

## To Serve

- To serve, fill 6-8 glasses with ice and divide the pineapple syrup between the glasses.
- Top each glass with cold soda water, a lime wedge, and seasoned pineapple wedges.

*\*If you don't have Espelette pepper, Paprika is an excellent substitute.*