Pineapple Ginger Lemonade

Ingredients:
1 pineapple (peeled and cored; or use 4 cups commercial pineapple juice if you are not using fresh pineapple)
1 whole ginger root
4 lemons
1 tsp. lemon zest (from 1 lemon)
6 glasses filtered water
2 tbsp. raw sugar
8 packs stevia (4 tsps. stevia)

Preparation:
1. Peel pineapple, and cut into long wedges. Juice pineapple wedges and core.
2. Juice the ginger out of lemons. Scrape one lemon to get 1 tsp. lemon zest.
3. Add water to the juice mixture. Add sugar, stevia, and mix well.

Chef Iverson Brownell Recommends
Add 1 tbsp. low-fat Greek yogurt, and mix thoroughly with other ingredients!

Infused Water

Ingredients:
2 lemons
½ cucumber
10-12 mint leaves
3 qts. Water fuse overnight

Preparation:
1. Squeeze lemons into water.
2. Cut up cucumber into small cubes.
3. Chop mint leaves.
4. Put ingredients into water to fuse overnight.
5. Strain ingredients the next morning and enjoy your infused water.