



My absolute favorite juice that I enjoy having after my morning jogs is without doubt my plum ukwaju juice. I am sure it'll become your new fave too! <3



Ingredients

2 cups of red plums

1 tablespoon of grated ginger

3 tablespoons of raw forest honey

1/4 cup of ukwaju pulp

Method

First thing, extract your ukwaju. Place the shelled ukwaju in a container. Add some hot water to it and let it soak for about 2 hours, but best overnight. Once done, separate the fibers and seeds from the pulp itself. Store any surplus in your fridge and take 1/4 cup to use in your juice.

Separate the plum flesh from the seed and set aside. Grate your ginger. And once everything is prepped, add everything into a blender and blend until everything is completely combined.

Serve chilled.



SERVE WITH: child! with anythaaaaaang! And at any time!

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/plum-ukwaju-juice/>