

RÊVE HEALTH

How to Wash Your Produce



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What You Need:

Produce you want to wash
3% food grade hydrogen peroxide
Filtered water

How To:

1. Add the produce you want to wash to your sink. Plug the drain.
2. Fill the sink with tap water so it is just covering the produce.
3. Add in 1/2 cup of food grade hydrogen peroxide. Mix into the water.
4. Let the produce sit for 20 minutes.
5. Drain the sink and rinse the produce with filtered water.
6. Towel or air dry your produce and store as normal.