

The Extraordinary Benefits of Nopal Cactus Water

Welcome to our exploration of the remarkable Nopal cactus and its refreshing water. At our Cactus Garden in Eus, Pyrénées Orientales, we cultivate various varieties of *Opuntia ficus-indica*, commonly known as prickly pear or Nopal cactus. These extraordinary plants not only produce delicious exotic fruits but also provide the base for our signature cactus water—a beverage packed with exceptional health benefits.

Join us as we delve into the world of Nopal cactus, from our garden to your glass, and discover why this refreshing drink deserves a place in your daily routine.



Made with **GAMMA**

Our Cactus Garden Varieties



Our garden in Eus specialises in cultivating several varieties of *Opuntia ficus-indica*, each with unique characteristics and flavour profiles:

Bianca

Produces pale yellow to white fruits with a sweet flavour and juicy pulp reminiscent of pear.

Rossolunga & Roja

These varieties produce dark red and bright red fruits respectively, known for their sweet flavour and tender, juicy pulp.

Gialla

Yields golden yellow fruits at maturity with sweet, tender pulp that tastes similar to papaya.

Watermelon

Features fuchsia red colouring, large fleshy cladodes, and very sweet large fruits.



Nutritional Powerhouse



Essential Nutrients

Rich in vitamins A, C, and K, plus minerals like calcium, magnesium and potassium.



Antioxidant Properties

Contains flavonoids and betalains that protect cells from free radical damage.

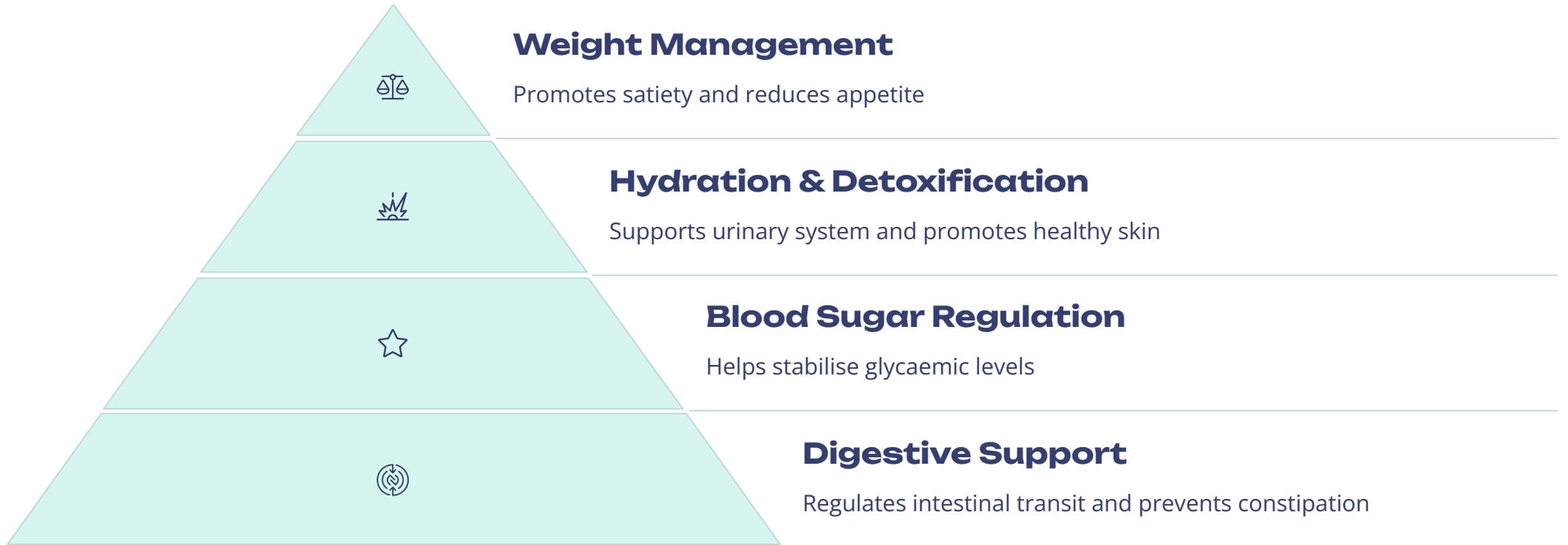


High in Fibre

Soluble fibres support digestive health and act as prebiotics for gut bacteria.

Nopal cactus water is more than just a refreshing beverage—it's a nutritional powerhouse. The cactus pads retain valuable nutrients when juiced, creating a hydrating and nourishing drink that supports overall health and wellbeing.

Health Benefits of Nopal Water



The extraordinary benefits of Nopal water extend beyond basic nutrition. Its high fibre content promotes digestive health while helping to regulate blood sugar levels. The natural compounds in Nopal support detoxification processes and may contribute to weight management by promoting feelings of fullness.

Our Nopal Water Recipe

Prepare the Cactus

Carefully clean and peel young Nopal pads (cladodes) to remove spines. Cut the cleaned pads into smaller pieces for easier processing.

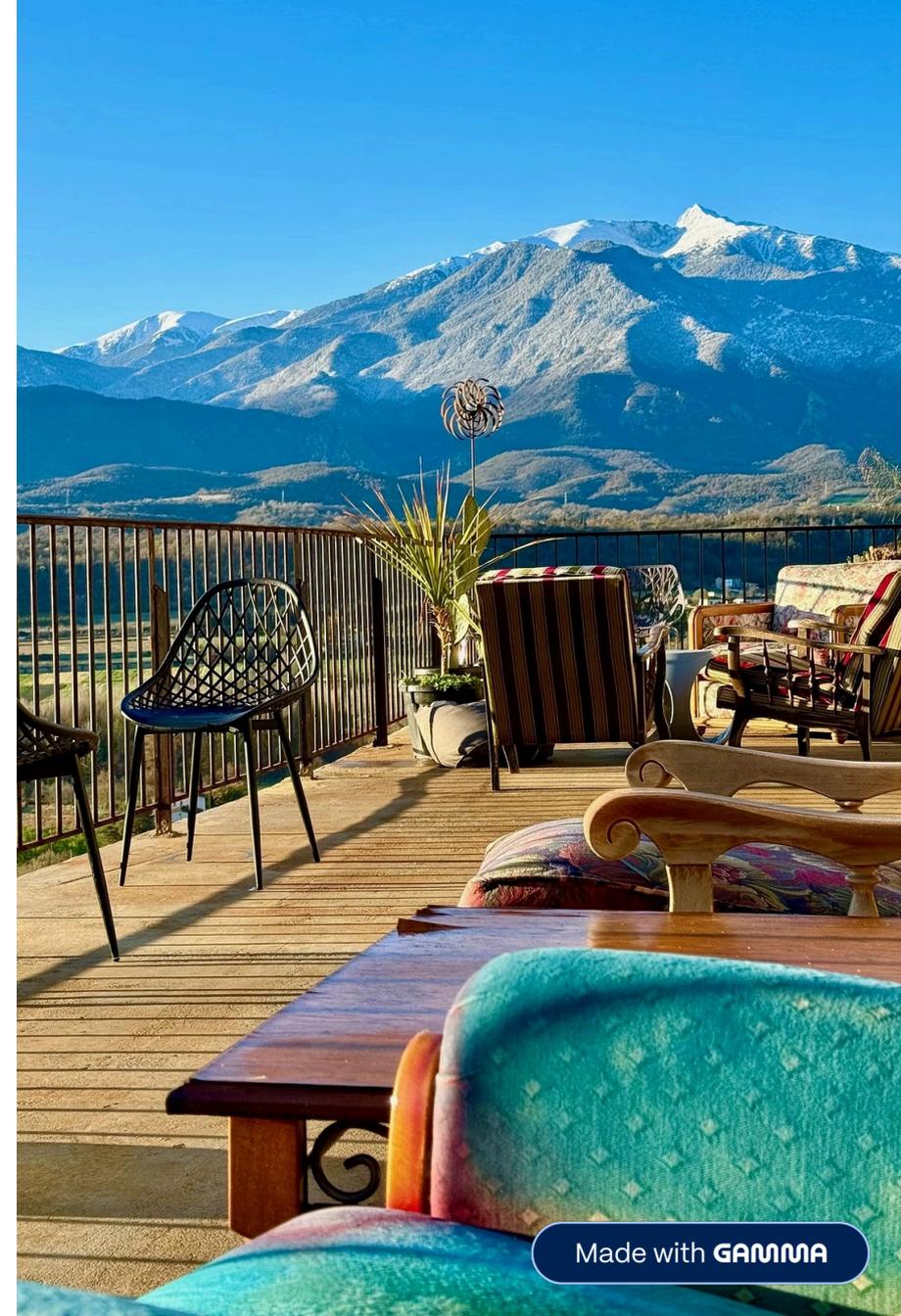
Blend Ingredients

In a high-powered blender (20,000 rpm), combine the Nopal pieces with fresh lemon juice from our garden's Meyer lemons and water. Blend until completely liquefied.

Strain and Sweeten

Optionally filter the mixture through a fine sieve to remove solid particles. Taste and adjust sweetness with sugar or organic agave syrup if desired.

Our simple recipe allows you to enjoy the refreshing benefits of Nopal water at home. For additional flavour, consider incorporating fresh pineapple juice or mint. Serve chilled for the most refreshing experience!



Visit Our MOOT Bar



Stunning Terrace Views

Enjoy breathtaking panoramic views from our terrace at MOOT Bar in Eus, Pyrénées Orientales.



Cosy Interior

Our welcoming bar offers a comfortable atmosphere to enjoy our cactus-based beverages and tapas.



Outdoor Dining

Relax in our outdoor seating area surrounded by the natural beauty of the Pyrénées region.

Come taste our Nopal water and other cactus-based beverages at MOOT, our vermouth bar and tapas restaurant in Eus. Located at 2 Carrer del Rentador, 66500 EUS, we offer a unique dining experience featuring products from our Cactus Garden.

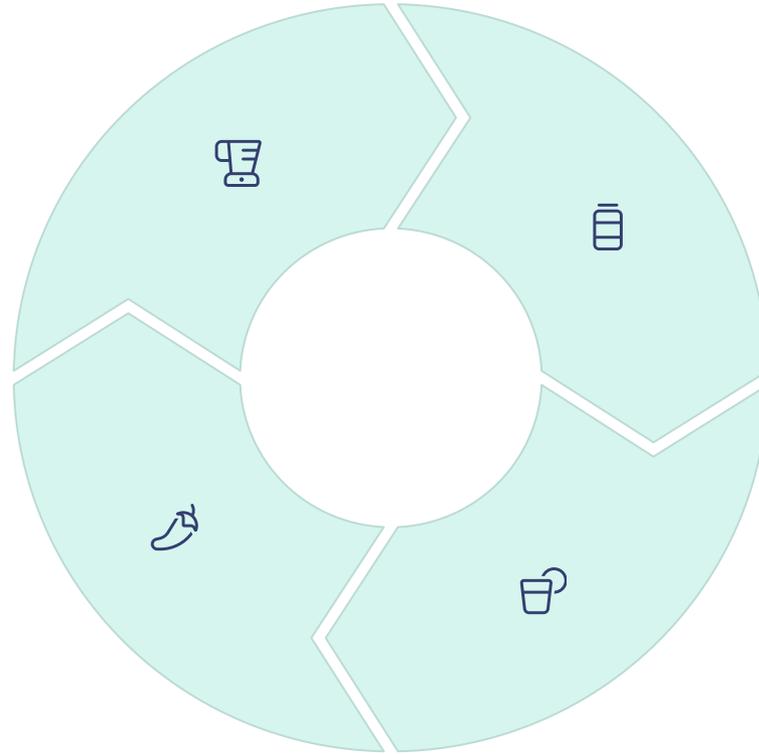
Beyond Nopal Water: Our Cactus Products

Cactus Smoothies

Refreshing blended drinks featuring our prickly pear fruits

Cactus Tapas

Innovative small plates incorporating cactus elements



Prickly Pear Jam

Delicious preserves made in our solar oven

Cactus Cocktails

Unique beverages featuring our vermouth and cactus ingredients

Our Nopal water is just one of many cactus-based products we offer. From refreshing smoothies to delicious jams made in our solar oven, we've developed a range of items that showcase the versatility of the prickly pear cactus. Visit our MOOT Bar to explore our full selection of cactus-inspired food and beverages.

Experience the Cactus Garden

Botanical Experience

Explore our unique hybrid garden concept that combines elements of a cactus garden, botanical garden, and exotic culinary space. The geometric arrangement of plants creates a visually stunning landscape against the backdrop of the Pyrénées.

Learn about the various cactus species we cultivate and their adaptations to the Mediterranean climate of southern France.

Culinary Adventure

Discover the gastronomic potential of cacti through our menu at MOOT Bar. From refreshing beverages to innovative tapas, we showcase the versatility of these remarkable plants in contemporary cuisine.

Take home some of our cactus products as a memento of your visit or to incorporate into your own cooking.



Visit our Cactus Garden in Eus to experience firsthand the beauty and versatility of these remarkable plants. Whether you're interested in botany, gastronomy, or simply enjoying the stunning views, our garden offers a unique experience that engages all your senses. Come discover why we're passionate about sharing the wonders of Nopal cactus with the world.