

# JUICING RECIPES

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## JUPITER JUICE

3 Carrots

1 Cucumber

1 Apple, cored

½ Lemon, with rind

## PRINCESS PUNCH

1 medium Beet

4 Carrots

2 Apples, cored

## THE EARTHLING

4 whole leaves Kale

1 whole medium Beet

½ Lemon, with rind

1 inch whole Ginger

## THAI ONE ON

3 medium Asian Pear, cored

2 medium Cucumber

1 Lime, with rind

2 small Radish

1 inch whole Ginger

## GREEN DOOR LEMONADE

4 Celery stalks

3 Kale leaves

1 whole Lemon

1 inch Ginger

1 or 2 Apples, cored

## FIESTA JUICE

6 Celery stalks

¼ Cup Cilantro, or Parsley

1 whole Green Pepper

1 medium Jalapeno

2 whole leaves Kale

½ Lime, with rind

Cayenne Pepper for topping

## NOTE:

If you find that Kale & Beets bring too much bitterness or too earthy a flavor, add Celery or Cucumber to dilute. To sweeten a recipe, add an Apple, Pear or Carrot.

Enjoy your juice within 20 minutes or so as the beneficial properties will be diminished due to oxidization.

No monkey business- do not try to juice a Banana!

Wash and scrub your vegetables before juicing- keep skins, rinds, peels and stems intact- this is where the most potent vitamins and minerals live.

Trim and keep the leaves of Carrot, Celery or Beets etc. as they are great juiced too!

Clean and rinse your juicer straight away, and use the fibers left behind to add to your compost.

### **JUGO DULCE FOR COMPLEXION**

2 Medium Apple

2 Cucumber

½ Lime

½ Bell Pepper

### **INSOMNIAC TONIC**

½ Bunch Grapes

Handful of Lettuce

½ Manadrin with skin

1 Cup Sesame Seeds

### **REFRESH**

2 Cucumbers

2 Celery Stalks

4 Tomatoes

1 Bell Pepper

3 Cucumber

1 Pear

1 Celery Stalk

3 Cucumbers

1 Green Apple

½ Lemon

½ small Pineapple

4 ribs Celery

Handful of Cilantro

1 inch Ginger Root

5 Carrots

1 Apple

½ Cucumber

½ Beet

1 Rib of Celery

### **ST PATTY'S REVENGE**

2 Bunches Kale

2 Green Apples

1 Cucumber

½ Bunch Spinach

### **MELON BALLER**

½ Cantaloupe Melon

½ Honeydew Melon

6-8 Kale Leaves

6-8 Swiss Chard Leaves

3 Sprigs of Mint

### **ULTIMATE GREEN**

4 ribs of Celery

4-5 Kale Leaves

1 Green Apple

1 handful Flat-leaf Parsley

1 Lime

1 Lemon

1 inch piece fresh Ginger

**BRIGHT EYES**

10 Carrots

6 Oranges, peeled

½ inch piece of Ginger

**BACK TO BLACK**

3 small Beets

2-3 Apples

8oz Blackberries

½ inch piece of Ginger

**WINTER WONDERLAND**

4 small Carrots

2 medium Golden Beets

2 large oranges, peeled

2 inch piece of Ginger

**GREEN DOOR LEMONADE**

4 Apples

½ Lemon

2 inch piece of Turmeric

4 Swiss Chard Leaves

3 ribs Celery

**INVIGORAGE**

Red Apple, Lemon, Ginger

**P.M.U.**

Cucumber, Kale, Green Apple, Lime

**REFRESHER**

Strawberry, Lemon, Spinach, Green Apple

**BETOX**

Pineapple, Carrot, Ginger

**AWAKEN**

Orange, Carrot, Ginger

**REPLENISH**

Cucumber, Green Apple, Coconut Water

**CHIPPER ELIXER**

Mango, Orange, Pineapple

**METABOOST**

Lemon, Red Apple, Cayenne Pepper

**IMMUNITUDE**

Apple, Carrot, Beet, Ginger

**POWER BOOST**

Apple, Kale, Pineapple, Ginger

**VITALITY**

Green Apple, Carrot, Spinach

**BETA CLAEANSE**

Red Grape, Beet, Apple, Strawberry

20 / 20

Tomato, Celery, Carrot, Lemon

**TASTE LIKE ICE CREAM KALE:**

From Tess Masters- The Blender Girl

½ Cup Water

½ teaspoon Probiotic Powder

½ Cup raw Cashews, soaked in water & drained

1 -2 large Curly Kale Leaves

2 frozen Bananas

1 Tablespoon Maple Syrup

½ teaspoon Vanilla Extract

1 Cup Ice Cubes

½ teaspoon fresh Ginger

Blend in Vitamix in order given. Adjust to taste with more Kale, Sweetener or Ginger