

Juicing Recipes



Remember, you don't really need recipes for juicing. Just juice the fruits and vegetables you like. Experiment! You can mix and match. There are some vegetables juices that don't go real well with fruits but many will work fine. Apples can be used to sweeten anything. With some testing you'll find juice mixtures you like better than others.

Creamy Dreamy Juice

This one might surprise you! In reality you don't taste the sweet potato much at all and it adds a creaminess to the juice. Sweet and smooth!

- 1/4th pineapple
- 2 large carrots
- 1 apple
- 1/2 sweet potato

Energy Juice

A wonderful mostly vegetable juice with a bit of a bite to it and a hint of sweetness. Remember, lemons or limes added to bitter vegetables remove the bitterness!

- 1 large cucumber
- 1 peeled lemon
- 1 large handful of romaine
- 1 apple

Morning Fruit Juice

Use any fruits you like. You can always put in organic baby spinach into fruit juices. It does not change the flavor and adds the extra nutritional bonus you get from dark greens.

- 2 Apples of choice
- Chunks of melon
- 1 large orange
- 1 chunk pineapple (not shown)
- Big handful of baby spinach

V5 Juice (Similar to V8 only healthier.)

Hot, spicy and filling! You can leave out the Tabasco if you don't care for hot things. Juice all the vegetables. When finished add in sea salt and Tabasco hot sauce to taste.

- 2 tomatoes
- 1/4th red bell pepper
- 1/6th chunk red onion
- 1/2 large cucumber
- 2 large carrots
- Salt
- Tabasco

Juicing Tips



- Carrots are generally the cheapest and give the greatest yield of juice for your money. You can use these as a base for almost any type of juice.
- Fruits and veggies can be combined with no problem. Some don't go well together of course, but apples go with anything and are great for sweetening a variety of vegetable juices.
- Place leafy vegetables between hard fruits or veggies when juicing to help the juice extract better.
- Lemons or limes added to a green vegetable juice will remove the bitterness that some of them have.
- Organic fruits and vegetables don't need to be peeled before juicing.
- If you're doing a juice fast make sure you drink a lot of vegetables. Don't just juice fruit only as it's high in sugar content.
- Dark, leafy greens are super foods and have incredible health benefits. Use a lot of them! Kale, Romaine, Baby Spinach, Etc.
- Baby spinach can be added to any juice. You won't taste it unless you use a very large amount in a very small amount of juice.
- As soon as fruits and vegetables are juiced, or even cut, they begin to lose nutrients. Drink them as soon as possible. (Oxidation)
- If you have to store juice, don't do it for more than 48 hours.

14 Uses For Pulp



1. Add it into a smoothie.
2. Toss it into soup to help thicken it and increase fiber and nutrients.
3. Simmer it with herbs and spices to make a wonderful vegetable broth.
4. Toss it in any casserole.
5. Use it to make fruit leather.
6. Mix it into homemade veggie burger mix.
7. Mix it into baked goods like muffins, cakes, bread, dehydrated or baked cookies and granola bars.
8. Mix it in with pancakes.
9. Make dehydrated pulp crackers.
10. Use as a raw pizza crust.
11. Dehydrate and turn into trail mix with dried fruits, raw nuts, & seeds.
12. Dehydrate and use like bread crumbs.
13. Compost it.
14. Make a natural facial scrub with it.