

# JUICE RECIPE

- Watermelon Lemonade

1 Lemon

1 1/4 of a Medium Sized Watermelon

\*Process through a juicer

- Carrot Apple Juice

6 carrots

2 golden delicious apples

Juice in the order listed.

\*Process through a juicer

- Sparkling Lemon Lime & Ginger

1 apple, cored and sliced

1/2 inch fresh ginger

(less if you find the taste too strong)

handful of grapes

1/4 lemon

1/2 lime

sparkling mineral water

\*Process through a juicer and add sparkling mineral

water to glass before serving

- Sparkling Tropical Fruit Cocktail

1/2 mango

1 orange

1 kiwi

sparkling mineral water

\*Process through a juicer and add sparkling mineral

water to glass before serving

- **Carrot Apple and Celery**  
6 carrots  
1 apple (remove seeds first)  
1 celery stalk  
\*Process through a juicer
  
- **Cold Remedy**  
1 Handful of parsley  
4 carrots  
2 celery stalks  
3 cloves of garlic  
\*Process through a juicer
  
- **Blood Booster**  
6 carrots  
6 spinach leaves  
½ cucumber  
1 tomato or 2 stalks of celery  
½ beet  
4 springs of parsley  
\*Process through a juicer
  
- **Liver Cleaner**  
3 carrots  
½ beet  
1 cup of parsley  
\*Process through a juicer

## SMOOTHIES

- Apricot, Pineapple, and Strawberry

1/4 cup crushed pineapple

1 fresh apricot, diced

6 strawberries

1/2 banana

1 1/2 cup water

1 tbsp. skim milk powder

\* Process in a blender until smooth

- Strawberry Banana

1 banana, frozen

6 strawberries, frozen

1 1/4 cup water

1 tbsp. skim milk powder

\* Process in a blender until smooth

- Real Tropical Fruit

1/2 mango

1/8 tsp. natural coconut extract

1/2 banana, frozen

4 strawberries, frozen

6 ice cubes

1 1/4 cup water

\* Process in a blender until smooth

- Berry Banana

1/2 banana, frozen

1/2 pear, cored

1/4 cup frozen blueberries or frozen mixed berries

1 1/4 cup water

1 tbsp. skim milk powder

1/8 tsp. cinnamon

\* Process in a blender until smooth

- Banana, Orange, Strawberry

1/2 banana, frozen

6 strawberries, frozen

1/2 cup orange juice

1/2 cup water

1 tbsp. skim milk powder

\* Process in a blender until smooth

- Vanilla, Banana and Strawberry

2 bananas (frozen)

1 cup of strawberries

1 cup of vanilla rice milk

2 cap full of Vanilla Extract

4 tablespoons of Grade B Maple Syrup

1/10 teaspoon of nutmeg

\* Process in a blender until smooth

- Energy

1 cup of natural orange juice

1 cup of sliced strawberries

2 mangos peeled and with seeds removed

2 tablespoons of Grade B Maple syrup

1/3 teaspoon of Cinnamon

1/4 Tablespoon of vanilla extract

1 cup of crushed ice

\*Place all ingredients in blender, mix and drink

- Banana Peach and Strawberry

2 Frozen Bananas

1 cup of sliced frozen peaches

1 cup of natural apple juice

1/2 sliced strawberries

\* Process in a blender until smooth

- **Mixed Fruit**

**1/2 cup of sliced strawberries**

**2 apples peeled, cut and with seeds removed**

**1/2 cup of blueberries**

**1/2 cup of peaches**

**3/4 cup of natural apple juice**

**3/4 cup of natural orange juice**

**\* Process in a blender until smooth**