
JUICE RECIPES

Juicing isn't just a new fad. Believe it or not, juicing has been around for hundreds of years. This is for good reason, as there are many health benefits of juicing.

With the busy lives that we all live, it's hard to keep track of the fresh fruits and vegetables that we consume on a daily basis. Let's be honest for a second, most of us aren't fans of choking down kale, mustard greens, or dare we say it... Arugula in our spare time.

Thankfully, juicing makes it easy to get your daily dose of fruits and vegetables in so you can reap all the great health benefits! Vegetable and fruit juices give a calming and invigorating feeling as they are packed with certain nutrients and have the goodness of the whole veggies and fruits. Fresh juices have 95% of the enzymes and Vitamins required by the body to absorb all nutrients. Juices are a necessary part of a healthy diet. It's helpful in a few ways, for example, it can help you get glowing skin, keep your metabolism strong, rejuvenates your body, and improve your immunity.

Remember, wash all ingredients and juice through a juicer. If you don't have a juicer, blend all ingredients and strain through a nut bag or fine Chinois strainer.

Fruits and vegetables are great sources of Vitamins and minerals that help our bodies function properly. But making sure you get the recommended amount of those fruits and vegetables each day (usually 5 servings), can prove to be quite a challenge. Juicing is a great way to supplement your intake of whole fruits and vegetables, and makes for a tasty, refreshing treat. You can enjoy one fruit or vegetable serving with only 150 ml (about 5 oz.) of juice. Listed below are some easy juice recipes to help you get your recommended Vitamins and minerals.

Tips for Beginners

Simplicity – Limit yourself to recipes that call for 2-4 ingredients, so they'll be quick and easy when you're first starting out. As you get the hang of juicing, you can more comfortably take on recipes with a long list of fruits and veggies as well as other additives without being overwhelmed.

Balance – The best juicing recipes call for a combination of sweet tasting fruit and lots of greens or low-sugar vegetables. That makes it easy to pack in more nutrients while still enjoying the taste and tartness of the fruits.

Chill – Juice is always better cold! Put your fresh juice in the freezer for five minutes before you drink it or add some ice cubes if you're in a hurry. Just remember to drink it within half an hour of making it to ensure you consume it at its freshest.

<p>Jogger's Paradise</p> <p>3 oranges 2 hard pears 1 small yam</p>	<p>Here is a muscle-blasting, power-pushing juice recipe for joggers. Juice fasters often experience periods of phenomenal strength and endurance. Clean blood, clean muscles, enzyme-rich, nutrient-packed, fuel make for intense aerobic activity. Water fasting usually requires rest, but not so with juice fasting. Look out! You can clean your house, run and lift weights with the best of them. Try this juice out on a five-mile jog. Add a little crushed ice and let your taste bud's sing. Sip slowly.</p>
<p>Flying Orange</p> <p>2 pears 3 pink grapefruit 1 sweet potato</p>	<p>A delicious alcohol free party pleaser that will blow both socks off. Ask the host if you can take your juicer to the party. Enjoy an enzyme high without a nasty hangover. It may be more expensive than beer, but who wants to drink yeast excrement (alcohol) anyway?</p>
<p>Athlete's Super Fuel</p> <p>1/2 watermelon 1 lemon 5 oranges 1 can frozen pineapple concentrate</p>	<p>So you're just entered the iron man contest. No more couch baby-sitting for you. Heading for the threshold of endurance. Developing a discipline like iron that will keep you running with power toward that finish line. Fixed and resolute, yet flexible and gentle. Driven and focused, yet child-like and joyful. Ready those muscles for training. Stir the soul.</p>
<p>Fantastic Fertility</p> <p>3 hard pears 1 cantaloupe 1 sweet potato</p>	<p>A delightful surprise to both men and women is the increased vitality of their sexual organs.</p>
<p>Citrus Slurp</p> <p>1 grapefruit 1 orange</p>	<p>Citrus juice made from a hand citrus juicer and a centrifugal force juice extractor can be quite different. The electric juice extractor produces a thick frothy juice, which is more tart. The quality and the nutritional value of the two are similar so it is only a matter of preference. This is an awesome waker-upper and is healthier than coffee. It may take a little more time to make, but you will gain time because of the sharp mind that you will have in whatever you do.</p>
<p>The Hyper House Cleaner</p> <p>2 yams 1 beet 1 slice Spanish onion 2 lemons 1 celery slice of ginger</p>	<p>So you're ready to clean house. To scale the Mount Everest of dust and garbage. To enter the black hole of the basement. To chop a jungle trail through the kid's bedroom. To reach into crevices too horrid to imagine. Yes, you need juice. Not just plain juice, but hyper-housecleaner juice. More powerful than a janitor in a drum. More thorough than Mr. Clean. Able to leap kid's toy's in a single bound. Polish up those cleaning utensils and get ready for an aerobic house-cleaning workout.</p>

Pineapple Piper 1 pineapple 1 sweet potato 4 oranges	This juice is like music to your cells. Let this amazing juice parade down to belly to the applause of 9000 taste buds.
Race Runner 1 lemon 2 radish 1 beet 1 slice Spanish onion 2 sweet potato 1 celery 2 Tbs. cider vinegar	So you've made the decision to run the race. Then, here is the juice for you. Make it in the morning just before a brisk walk of discipline. Make it a walk of war against doubt, fear, worry, lazy thinking, role-playing and frustration.
The Pain Remover 1 lemon 1 orange 3 hard pears 3 apples	Bruises, aches and sprains can be irritated by a toxic bloodstream and a high-protein diet. But a low-protein, natural diet, lessens irritation and reduces inflammation. Not only does this juice taste delightful, it assists in the healing process.
The Brain Stimulator 1 oranges 1 hard pears 1 yam 1 grapefruit 1 apple	Scientists have determined that we use only 10 percent of the brain. Living on coffee and donuts reduces that percentage to 2 percent. Here is a juice to stimulate all of that unused percentage back into activity. For this juice to be effective, you need a five-day juice fast to clear the coffee, donut and junk food residues out of the bloodstream. Once clear, this wide spectrum, nutrient-rich juice will stir the brain into super-activity. Better memory, sharper thinking and good study techniques are the tools for great marks. No more morning brain fog. Now you can leap out of bed to study while brushing your teeth and preparing for the day.
Super Duper Spicy Tomato 3 ripe tomatoes 1/2 green or red pepper 1 celery stock 1 apple 1 Tbs. Good Tasting Yeast 1/2 tsp. onion powder 1/2 Tsp. garlic powder 1 tsp. Worcestershire pinch of freshly ground black pepper 3 drops Louisiana Hot Sauce	Do you enjoy bungee jumping? How about sky diving? If you have an adventurous personality, then this is the perfect juice for you. When you are fasting, drinking this juice may make you feel like you have just eaten a large pizza. If you are on a cleansing fast, eliminate the good tasting yeast.

<p>Fabulous Fennel</p> <p>1 fennel bulb 1/2 beet with greens 2 apples</p>	<p>If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like fat celery with feathers. Fennel helps your eyes to increase in sensitivity, overcoming night blindness. Some have found fennel juice good for relieving migraine headaches.</p>
<p>Garlic Breath Delight</p> <p>2 tomatoes 2 apples 1 clove of garlic sprig of parsley</p>	<p>This bacteria buster means business. Garlic reduces blood pressure, helps with the problem of blood clotting, lowering the LDL which increases bad cholesterol. Garlic boosts the immune system and encourages the recovery of heart attack victims. Garlic contains allicin which inhibits bacterial growth and fungus, helping with yeast over-growths, and useful in treating Candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. The addition of parsley helps in combating the unpleasant odor of garlic. This juice is worth losing a few friends over.</p>
<p>The Cancer Killer</p> <p>1 beet 1 carrot 1 celery stick 1/2 potato 1 radish</p>	<p>Rudolf Breuss's, anticancer mixture has helped thousands of suffering people. This juice blend, during fasting, exerts a death blow on cancer. This was attested by over 24,000 patients who wrote him describing relief from their diseases. His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John's wart, marigold, Artemisia and monarda was also given. By "starving out" the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. (Rudolf Breuss died in 1989 at 93 years of age.) Its composition is: 55% beet root, 20% celery root, 20% carrot, 3% potato, 2% radish.</p>
<p>Apple-berry Better Bladder</p> <p>2 apples 1 1/4 cups of cranberries</p>	<p>Cranberry juice is a powerful healing tonic, filled with quinine which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder. An excellent preventative juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women. Cut apples into wedges, seeds and all.</p>
<p>The Niagara Falls Cleanser</p> <p>1 wedge watermelon 1/2 lb. red grapes</p>	<p>Watermelon rind has chlorophyll, Vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes which aid digestion. Ninety-five percent of the nutritional content in watermelon is in the rind. The seeds may be a little noisy but are harmless to the juicer. You may be curious about the name. When you put a sloppy wet piece of watermelon in the juicer it comes out like Niagara Falls. Because watermelon is a great diuretic, your kidneys and bladder will experience a honeymoon of youthful health. If you are short on money, watermelon juice is the ticket. You can add just about anything to watermelon juice, so again, we encourage you to have some fun.</p>

<p>A Favorite</p> <p>one cantaloupe 5 ice cubes 2 Tbs. of Sucanat dash of cinnamon</p>	<p>Juice the cantaloupe and blend with Sucanat, cinnamon and ice cubes. This juice recipe has become a favorite drink. Stunningly refreshing and full of flavor. Has more than 15,000 I.U. of Vitamin A and over three times the Vitamin C content of an apple. It also contains Myo-inositol, a lipid which helps with anxiety, insomnia and in battling hardening of the arteries. It also contains the greatest amount of digestive enzymes. Melons are recommended by the American Cancer Society as powerful agents in the fight against intestinal and skin cancer. Cantaloupe contains approximately 100 calories, yet it is dense in nutrients. This makes melon a perfect food for healing and weight loss. Delicious, filling and low in calories.</p>
<p>Lemon Lime Ginger Ale</p> <p>handful of grapes 1 apple, cored and sliced ½ inch fresh ginger 1/2 lime 1/4 lemon sparkling mineral water</p>	<p>Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.</p>
<p>Apple Lime Spritz Juice Recipe</p> <p>2 medium Red Delicious Apples 1 medium granny smith green apple 1/2-1 small lime</p>	<p>The red delicious apples make up most of the volume, because they are a juicier and sweeter variety of apple. The granny smith (or Fuji) is tarter, firmer and gives the juice a sweet and sour flavor. The lime is a nice kicker at the end and sort of refreshingly rounds out the flavor of the juice. Pile the apples into your juicer, juice, and don't forget to strain! then squeeze the lime juice into the cup!</p>

<p>A Taste of Heaven</p> <p>2 carrots 1 sweet potato 2 apples thin slice of Spanish onion pinch dulse powder</p>	<p>Peach Pear Apple Juice Recipe</p> <p>1 apple, cored and sliced 2 peaches, remove seed 1 pear, sliced Process through a juicer and serve.</p>	<p>Red Ice</p> <p>1 beet 1 sweet potato 2 apples 1 lemon 1 tomato thin slice of Spanish onion 1 garlic clove 1/2 can of frozen apple concentrate Crush ice or blend with water till slush. Add juice and get ready to chill out.</p>
<p>Fruit Nectar Recipe</p> <p>1/2 cup raspberries, fresh or thawed from frozen 1 orange, peeled and sectioned 1 nectarine, pitted and sliced Process the fruit in a juicer and serve.</p>	<p>Fruit Punch (Juice)</p> <p>6 strawberries, fresh or thawed from frozen 1 apple, cored and sliced 1/2 orange, peeled and sectioned Process the fruit in a juicer and serve.</p>	<p>Blueberry Cherry Juice Recipe</p> <p>handful of cherries, pitted 3/4 cup blueberries 1 apple, cored and sliced Process the fruit in a juicer and serve.</p>
<p>Tangelo Turmeric</p> <p>2 tangelos, peeled * 4 carrots, peeled and chopped 1 inch turmeric, peeled 1/2 inch of fresh ginger, peeled</p>	<p>Cucumber Lemon Cayenne</p> <p>2 cucumbers (peel on if organic, peeled if conventional) juice of 2 lemons 1/2 teaspoon ground cayenne pepper</p>	<p>Watermelon Coconut H2O</p> <p>2 cups cubed watermelon 1 lime, peeled 1 cup coconut water (preferably raw)</p>
<p>Grapefruit Ginger Mint</p> <p>1 grapefruit, peeled 1/2 cup fresh mint 1 inch fresh ginger (peeled)</p>	<p>Beet Apple Ginger</p> <p>2 beets, peeled and chopped 3 carrots, peeled and chopped 1 green apple 1 inch fresh ginger, peeled 2 stalks celery</p>	<p>The Greenest Of Green Juices</p> <p>1/2 bunch of kale 1 cup spinach handful of wheatgrass 1 cup dandelion greens 1 green apple (2 if you don't love the 'green' taste) 1 lemon, peeled 3 stalks celery, chopped 1 cucumber (peel on if organic, peeled if conventional)</p>

Fruit Juice Recipe Ideas ...

1 cup strawberries 2 med. apples 1 tsp. lemon juice	1/2 red grapefruit 1 med. orange 2 handfuls cranberries
1 pear 1 peach 1 apple	1 orange 1 mango 1 apple
2 cups strawberries 2 cups blueberries 1½ cups raspberries 1 apple	1/3 cup of strawberries 1 cup of blueberries 1 apple
2 kiwis 3 pears 1 apple	3/4 cup cranberries 3 carrots 2 apples
5 Apples 1/2 Cucumber	1/2 pineapple 1/2 cup of cranberries 1 apple
2 apples 3 slices of watermelon	1 cup of strawberries 1 cup of grapes (red) 1 orange

Half a melon 1 carrot 4 oranges	2 peaches 2 apricots 1/2 cup green grapes
1 pomegranate (seeds removed) 2 apples	2 Cored Apples 2 Cored Pears 2 Pitted Plums
1 pineapple 2 mangoes 1 cup strawberries 1/4 cup coconut water	1 cup of Strawberry's 2 medium Apples (any type, cored) 1 teaspoon of lemon juice (or half lemon juiced) (Optional: Add some Splenda or other sweetener like honey or maple syrup)

Vitality Juicing Recipes

<p>Morning Sunshine Juice</p> <p>Juice together: 4 granny smith apples or graven stein apples 2 inch fresh ginger, peeled 1 Meyer lemon, peeled 4 oz water to dilute</p>	<p>Dreamcicle</p> <p>Juice together: 2 nectarines or peaches 1/2 cantaloupe 2 apples 1 inch ginger claw 2 Tbs. ground flax seeds Add 8-10oz frozen ice cubes and blend</p>	<p>Ginger Grape Juice</p> <p>Juice together: 2 cups red grapes 2 inch fresh ginger, peeled 1 Meyer lemon, peeled 4 oz water to dilute</p>	<p>Lunchtime Juice</p> <p>Juice together: 4 carrots 2 cucumber 2 stalks celery 1 beet</p> <p>For a sweeter juice: 2-4 oranges, skins off.</p> <p>For savory juice: onions, basil, ginger or garlic.</p>
<p>Mira-Vitality</p> <p>Juice together: 9 oz. fresh carrots, washed 2 c. packed baby spinach, washed and spun dry 6 oz. fresh raw beets, stemmed and peeled 5 oz. cucumbers, skin on 1 tsp. Ginger Juice</p>	<p>Go Green</p> <p>Juice together: 2 cups kale 2 cups spinach 2 cups green grapes 1 large cucumber</p>	<p>Ageless Skin Smoothie</p> <p>Juice together: 2 c. cucumber, with skin on 1 c. Granny Smith apple, stemmed and seeded 1 c. celery hearts 1 heart of romaine lettuce, about 6 oz. 1/3 c. fresh pineapple</p>	<p>And The Beet Goes On...</p> <p>Juice together: 1 inch of unpeeled ginger 1 large orange 4 carrots 1 large beet</p>