

## The Basics

### Crapple Juice

8 Carrots  
1 Apple

### Crapple Beet

8 Carrots  
1 Apple  
¼ Beet (medium)

### Orange Dream

8 Carrots  
1 Orange peeled

### Orange Beet Dream

8 Carrots  
1 Orange peeled  
¼ Beet (medium)

### Spinapple

½ Pineapples  
½ Cucumber  
2 Handfuls of Spinach

### Green Lemon Sherbet

2 Handfuls Spinach  
2 Apples  
¼ Lemon with peel if it is organic

## Fun Combinations

### Ki-rot Juice

3 Huge Handfuls of Spinach  
3 Kiwis  
10 Carrots

### Fabulous Fennel

1 Fennel Bulb  
½ Beet Greens  
2 Apples

### Fent-appulous Juice

1 large Bulb Fennel  
2 Apples  
2 Slices Lemon  
1 Small Handful Mint

### Immune Booster

3 Carrots  
½ Apple  
½ Lemon  
2 Cloves Garlic  
1 Handful of Parsley or Cilantro

### The Morning Energizer

5 carrots  
1 beet with leaves and stem  
2 stalks celery  
1 cucumber  
¼ lemon, peeled  
1-to-2-inch piece of fresh  
gingerroot

### The Ginger Zinger

2 Apples  
4 Carrots  
1/3 Lemon with peel  
Ginger and Lime to taste

### Pineapple Yum

1/2 Lemon  
2 large handfuls Spinach  
1/2 Pineapple  
10 Strawberries  
1/2 Cucumber

### Detox Blend

5 Carrots  
4 Celery stalks  
1 Small Cucumber  
1 Beet  
1 Small Apple

### Crapple Zinger

4 Carrots  
2 Apples  
½ Lemon  
Thumbnail of fresh Ginger

### Heaven's Calling

1 Cucumber  
8 Carrots  
1 Large Pear

### Celery Green

2 Cups of Spinach, Packed  
5 Stalks of Celery  
1 Medium Cucumber  
¼ Lemon with peel if organic

### Celery Blast

1 Carrot  
1 Stalk Celery  
1 Small Granny Smith Apple  
Half a bunch of Cilantro or Parsley

### Green Ninja

½ Fennel Bulb  
¼ Pineapple  
1 Thumb sized piece of ginger  
1 Stalk Celery  
2 Handfuls of Spinach or Kale  
1 shot wheatgrass (optional)

### Apple Fennel Splash

1/2 Fennel Bulb  
2 Apples  
1/2 Small Red Cabbage  
Small wedge of Lemon or Lime

### Tomato Tonic

3 Large Tomatoes  
6 Leaves Romaine Lettuce  
Cucumber (about a 2-inch  
piece)  
1 Garlic Clove  
Handful of Cilantro or Parsley  
¼ Lemon or Lime

### Mint Parsnapple

3 Apples  
4 Parsnips  
1 Lime  
Small bunch Mint

# Juice Recipes!

## Yet another V8 juice recipe!

6 medium sized carrots  
1 small beet  
3 large tomatoes  
1 red bell pepper  
A bag of baby spinach  
1 green bell pepper  
¼ slice of sweet onion  
3 stalks of celery  
¼ head of fresh cabbage  
Half clove garlic  
Kale leaves, chili pepper and sea salt to taste

## Sweet Broccoli Juice

1 large "tree" broccoli  
5 large carrots  
2 Golden Delicious apples

## Mean Green Juice

6 Kale Leaves  
1 Cucumber  
4 Celery Stalks  
2 Green Apples  
1/2 Lemon  
1 piece of ginger

## Mean Green Juice #2

handful spinach  
3 stalks of kale  
2 golden delicious apples  
small handful parsley  
1 lemon  
1 cucumber

## Mean Green Juice #3

2 stalks celery  
1/2 cucumber  
1/2 apple  
1/2 lemon  
small piece ginger  
1/2 green chard leaf  
bunch cilantro  
5 kale leaves  
handful spinach

## Mean Green Juice #4

1/2 pear  
1/2 green apple  
handful spinach  
handful parsley  
2 celery stalks  
1/2 cucumber  
small piece ginger  
slice of papaya

## Apple Motini

2 apples  
1 cucumber  
1 small handful mint  
1/2 sliced lime  
2 -3 big handfuls of spinach

## Orange Bell

7 medium carrots  
1 medium orange bell pepper (capsicum)  
1 pear  
2 inches ginger  
1 fennel bulb

## Romaine-Apple-Orange Juice

2 cups romaine hearts  
2 green apples  
1 orange  
2 celery stalks  
1/2 cucumber

## Carrot and Kale Juice

1 green apple  
3 handfuls spinach  
6 to 8 kale leaves  
4 large carrots  
1 (thumb-size) piece of ginger

## Lemon-Lime Juice

1 lemon  
1 lime  
2 Asian pears  
2 green apples  
2 carrots  
1 (thumb-size) piece of ginger  
2 cups purple cabbage

## Bloody Mary Juice

4 tomatoes  
2 red peppers  
1 orange pepper  
1 carrot  
1 zucchini  
Large handful of fresh herbs (oregano, basil & parsley)  
Himalayan sea salt to taste  
1-2 teaspoons olive oil

## Green Lemonade

1 head romaine  
5 stalks kale  
1-2 Fuji apples  
1 lemon  
1-2 inches fresh ginger

## Swiss Apple Ginger

3-4 four leaves swiss chard  
3 apples  
1/4 inch chunk of fresh ginger, peeled

## Crimson Cleanser

1 whole head of celery  
4 Red Swiss Chard leaves  
1/2 beet  
1/2 lemon  
ginger

## Carrot Pineapple Orange

1 small orange, including rind  
1/8 pineapple  
2 carrots  
Juice of 1/2 lemon

## ABCs Juice

1 Asian pear  
1 apple  
1 beet  
1 carrot  
1/2 cup cabbage  
3 handfuls chard

## Orange Fennel

1 wedge purple cabbage  
4 kale leaves  
1 large cucumber  
1/2 fennel bulb  
2 oranges  
1 apple

## Heart Helper

2 Tomatoes - Medium (I like Roma tomatoes best!)  
1 Stalk of Celery  
1 Carrot - Large  
1 Cup Broccoli  
1 Cucumber  
1/2 Lemon - Peeled  
1 Garlic Clove

## Water be Gone

1 pineapple  
3 celery sticks  
1 cucumber  
2 green apples  
1 knob ginger

# Juice Recipes!

## Ultimate Green

1 bunch of kale  
1 bunch of spinach  
3-4 stalks of celery  
1 green apple  
1 whole peeled lemon  
1/2-inch piece of ginger ½ cucumber

## Cuc-Apple Zinger

2 1/2 Apples  
1/2 Cucumber  
1" of Ginger

## Green Energizer Bunny

2 Apples  
1/2 Cucumber  
1/2 Lemon (peeled) 1/2 Cup of kale  
1/2 Cup of spinach  
1/4 Bunch of celery  
1/4 Bulb of fennel  
1" of Ginger  
1/4 Head of romaine lettuce

## Heartburn Reliever

1 Cup Spinach  
6 Carrots

## Fresh Carrot Juice

2 pounds carrots  
1/2 lemon

## Tomato Bliss

3 cups chopped tomatoes  
1 stalk celery  
1 cucumber  
3 drops stevia (optional)  
1/2 teaspoon himalaya sea salt  
pepper  
cayenne pepper

## Super Immune boost!

1 Head broccoli  
5 stems Kale  
2 cups spinach  
1 cucumber  
1 lemon  
1 lime  
½ bunch cilantro  
½ bunch Parsley  
1 inch piece ginger  
1-2 cloves garlic

## Purple Drink

1 large English cucumber, peeled  
1/2 of a medium red cabbage  
1-2 D'Anjou pears  
2 meyer lemons  
1 inch piece of ginger

## Carrot, Apple & Ginger Juice

4 carrots  
3 small apples  
1 Meyer lemon, peeled  
1 English cucumber  
1 head of Romaine lettuce  
1 inch piece of ginger root

## Morning Mojito

1 head of organic romaine lettuce  
3 cucumbers, peeled  
1 lime, peeled  
1-2 organic pears, chopped up  
2 sprigs of mint

## Sweet and Sour Greens

1 large cucumber  
1 head of romaine lettuce  
1 large handful of parsley  
2 lemons  
1 medium apple  
1 inch of ginger root

## Red Cabbage Zinger

2 apples  
2 carrots  
1 wedge red cabbage  
1-2 inch piece of ginger to taste  
1-2 cups spinach and/or baby kale  
1 lemon

## Newbie Green

1 large pear  
1 apple  
1 cup pineapple, cubed  
4 large stalks kale  
1 cucumber

## Garden Orange Juice

7 carrots  
1 orange bell pepper  
1 pear  
1/2 inch ginger  
1 fennel bulb

## Cucumber Cooler

1 large cucumbers  
1-2 pears

## Triple Orange

2 peeled sweet potatoes  
6 carrots  
4 oranges

## 2 by 2

2 red grapefruits, peeled  
2 oranges, peeled  
2 red delicious apples  
2 celery stalks  
2 handfuls of spinach

## Citrus Green

1 apple  
1 orange, peeled  
3 big handfuls of leafy greens (kale, chard, spinach, romaine, etc)

## Cabbage Patch Juice

6-8 Green Cabbage Leaves  
6-8 Swiss Chard Leaves  
3 Carrots  
1 Apple  
1" piece of Ginger

## The Pink Lady

1 pear  
1 beet  
1-2 inches ginger  
1 ½ cups pineapple, in chunks

## Think Pink

1 beet  
1 green apple  
1 pear  
6 large leaves romaine  
1 inch ginger

## Carrot Greens

½ head romaine leaves  
4 stalks kale  
5 large stalks celery  
1 cucumber  
4 large carrots