

JUICE RECIPES

Vegetable soup juices-serves 2

Broccoli, spinach dill soup

2 large heads of broccoli
large handful of spinach
1 clove of garlic
12 medium carrots
handful of dill
1 tomato

Sweet pepper basil soup

1 red sweet pepper
1 green pepper
1 yellow or orange pepper
3 stalks of celery
8 medium carrots
handful of basil

Salsa soup

4 tomatoes
1 red pepper
1 handful of cilantro
2 stalks of celery
½ jalapeno pepper (optional)
6-7 medium carrots
1 clove of garlic

Carrot cilantro soup

12 medium carrots
large handful of cilantro
2 tomatoes

Spinach basil soup

8 carrots
2 cups of spinach
handful of basil
3 tomatoes

Potato dill soup

1 large white potato
large handful of dill
8 carrots
2 stalks of celery

Cabbage celery soup

½ head of green or red cabbage
3 stalks of celery
7 carrots
1 tomato
handful of parsley

Parsley tomato soup

5 tomatoes
handful of parsley
6 carrots
2 stalks of celery
1 clove of garlic

Beta carotene slam

12 carrots
½ medium beet
1 sweet potato

Green surprise

6-8 apples (green or red)
1 large kale leaf
small handful of sprouts (bean, broc, kale, etc)

***Turnip and Carrot soup**

½ turnip
handful of parsley
8 carrots
2 sticks of celery

Carrot ginger

12 carrots
½ slice of ginger

Fruit juices-serves 2

Mango grape cooler

1 mango
2 cups of grapes
1 lemon
2 apples

Cantaloupe strawberry

1 cantaloupe
1 cup strawberries

Apple pear zing

2 pears
7 apples
½ inch slice of ginger

Pineapple zing

½ pineapple
3 apples
½ inch slice of ginger

Apple grape

7 apples

1 cup of grapes