

Love & Organics

Juice Recipes

1. Grandrising

- 1 beet
- 2 Celery stalks
- 2 Carrots
- 1 - 1" piece of fresh ginger root
- 1 lemon (peeled)

2. Green Machine

- 2 large stems of Kale (bottom stem removed)
- 1 cup of Spinach
- 2 celery stalks
- ½ cucumber
- ½ lemon (peeled)
- ¼ cup of parsley

3. Veggie Boost

- 2 medium carrots
- ¼ cup of parsley
- 1 cup of spinach
- 1 large beet
- 1 orange
- 2 lemons (peeled)

4. Detox Juice

- 2 apples
- 2 pears
- 1 cup of Spinach
- 1 key lime (peeled)
- 2" pc of fresh ginger root

5. Green Dreams

- 4 cups of spinach
- 1 large cucumber
- 1 green apple
- 1 - 2" fresh ginger root
- 1 key lime peeled

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6. Tropical Delight

- 2 carrots
- 2 oranges
- 1 - 2" fresh turmeric root
- ½ cup of pineapple

7. Watermelon Heaven

- 4 cups of seeded watermelon
- ½ lemon (peeled)

8. Celerade

- 2 Honey crisps or gala apples
- 1 lemon Peeled
- 4 celery stalks

9. Carrot Apple Delight

- 3 carrots
- 2 green apples
- 1 - 2" fresh ginger root

10. Papaya Times

- 2 cups of papaya
- 1 cup of honeydew or cantaloupe
- 1 carrot
- 1 - 2" pc of fresh turmeric root

11. Sweet Greens

- 2 cups of spinach
- ½ cup parsley
- 1 green apple
- 1 large cucumber
- 1 - 1" pc of fresh ginger root
- ½ lemon (peeled)

12. Vitamin C Juice

- 3 large carrots
- 2 oranges
- 1 lemon (peeled)
- 1 - 1" pc of fresh ginger root

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13. Beet It Detox Juice

- 2 large beets
- 2 medium carrots
- 2 celery stalks
- 2 key limes (peeled)
- 1 cucumber
- 1 green apple
- 1 honeycrisp or gala apple
- ½ cup of parsley

14. Apple Pear-Berry

- 1 ½ cups strawberries
- 2 honeycrisp or gala apples
- 2 pears

15. Orange Dream

- 1 orange
- 3 carrots
- 1 grapefruit
- 1 - ½" pc of fresh ginger root
- 1 - ½" pc of turmeric root
- ¼ lemon (peeled)