

# Must-Have Raw Juice & Smoothie Tips & Recipes For Healthier, Leaner & Happier YOU



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# Benefits of Juicing

When it comes to nutrition and boosting energy, nothing beats a glass of freshly pressed vegetable and/or fruit juice.

Forget coffee.

Forget sugar.

No other food is more enzyme-rich and nutrient-rich and easier to absorb by our body, than fresh juice.

Many people may be skeptical, because when they think of vegetable juice they typically picture a bottle of V-8 or tomato juice.

However, even the biggest skeptics can be converted, when they try and experience first-hand the benefits of juicing.

So, whenever you are experiencing low energy or any health troubles - make yourself some RAW FRESH JUICE!

A four to eight-ounce glass of raw fruit or vegetable juice not only provides all the healing nutrients that we know about because they have been isolated by the scientists so far, but also the ones we are yet to discover. And, it delivers them in their living, organic, alkaline, whole, complete, balanced form.

If you are feeling insatiably hungry, if you are craving junk food, if you have any physical or emotional complaints, grab your juicer, make some vegetable and fruit juice, and drink it twice daily for amazing results, daily for huge results, three times a week for noticeable results, or even just once a week for improvement!

**Vegetable juice has all your minerals, nutrients, building blocks, proteins, and enzymes in a form that is easily absorbed and used by the body instantly!** If you search around online you'll find literally tens of thousands of people have healed themselves of just about every condition by drinking vegetable juices. **Drinking lots of fresh raw juices is also one of the fastest ways to lose weight.**

It's an undisputed fact: nothing is more enzyme-rich and nutrient-rich than freshly extracted vegetable juice. It is also the easiest form of nutrition for our body to absorb! Unfortunately, when most people think of vegetable juice, they typically picture canned tomato or V-8 juice. However, vegetable juices can be surprisingly tasty and even addictive - in a positive sense, of course. You can try to experiment with different tastes and combinations, for example, trying to recreate a V8 juicer recipe.

Drink it every morning or afternoon to jump start your energy! It is best to drink it on an empty stomach, though.

## **The Benefits of Juicing: Vegetable and Fruit Juice Advantage**

So why juice the vegetables instead of eating them? What's the benefit of juicing them?

### **And what about the fiber?!**

Certainly it is best to consume fresh raw fruits and veggies in their natural, whole state. However, most of us consume far too little of these healthy foods. Juicing makes it easy to consume A LOT OF fruits and vegetables, without the need to chop and chew everything, which does take a while! Just imagine having to chop all the ingredients in some of these recipes into a bowl and chewing them!

Surely, fiber is important too; but when it is separated from the juice, your body will not have to spend energy on digestion and elimination. The nutrients will be absorbed instantly, going straight to the cells to do their work.

So, when you need a boost of energy or have any health issues - make yourself some fresh juice and drink to your health!

## How to Make Juice Without a Juicer Using a Vita-Mix (or other high quality) Blender?

### **Yes, you can make JUICE with your BLENDER!**

And although any blender might do the job, probably the best blender for making juices is Vitamix. That is because Vitamix is a truly powerful blender that blends the fruits and veggies into super-tiny pieces. The Vitamix's blades pulverize the skins, seeds and peels of whole foods to make them easily digestible.

Just put your fruits and vegetables in the blender, add a little bit of water (this is optional, but will make the blending faster) and turn it on.

Once the ingredients have been blended into a puree, you can drink it as is, or strain the puree with a cheese cloth or a cotton bag to separate the juice from the pulp.

The cleanup is much faster than with traditional juicer.

What is amazing, you may get more juice than when using traditional juicer, and less pulp. In fact the amount of pulp I get is about 50-90% LESS than what my Breville juicer was producing.

The process of making juice with Vitamix blender is really easy. To see it for yourself, watch the video below, and start making juices today!

# Juice Recipes

## Fresh V8 Juice

If you like V8 juice, you are certainly not alone. Unfortunately, the stuff that you buy in the supermarket in cans and plastic bottles is loaded with salt and is certainly not freshly made, which means it has the live enzymes and a lot of other nutrients cooked right out of it.

However, you can make your own version of V8 by experimenting with the following recipe:

- 3 large tomatoes
- 3 stalks celery
- 5 carrots (medium sized)
- 1 small beet
- 1/4 head fresh cabbage
- 1-2 bell pepper (red or green, or both)
- 2 cups spinach
- 2-3 kale leaves
- 1/4 sweet onion
- 1/2 clove garlic (optional)

Juice all the vegetables using your juicer, and enjoy as is, chilled, or with ice. If you must, add some chili pepper and/or salt to taste (optional).

## Green Juice Cocktail

There are many variations of this green juice recipe that you may want to try - almost every book on the subject of diet and nutrition gives some version of this green cocktail. Green juices are unbelievably good for you, so good, in fact, that we should all be drinking them daily in the morning, instead of the coffee or milk. They are great immune system boosters.

So, if you are willing to try a great juicing recipe for green vegetables and kale that will give you lots of energy, here it is. This is a recipe for a delicious green juice with apples and lemon:

Simple version:

- 1 head romaine lettuce or celery
- 5-6 leaves of kale (you can add some other greens too, such as spinach, dandelion, or parsley)
- 1-2 apples or pears (green apples are less sweet, more tart)
- 1 lemon (not peeled)

Additional/optional ingredients:

- 1 cucumber
- 1 cup of spinach leaves
- 1/4 to 1/2 ripe Hawaiian papaya (1/2 results in a sweeter juice)
- 1 handful of cilantro or parsley (or both for deeper green juice)
- 1 handful of fennel (stalk can be used too)

You may also like to add some beets or carrots, but then of course it will no longer be a green juice. Some people like to add small slice of garlic and/or ginger. Drink to your health and boost your immune system!

## 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  
½ inch fresh ginger (skip or use less if you find the taste too strong)  
handful of grapes  
¼ lemon  
½ lime  
sparkling mineral water

\*Process through a juicer and add sparkling mineral water to glass before serving

## Sparkling Tropical Fruit Cocktail

½ 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

# Green Smoothies:

## Drinkable Salads on the Go

Did you know that our ancient ancestors ate up to six pounds of leaves per day? They spent their days wandering from one place to another, picking and eating leaves as they went. Now, we all know that greens and veggies are good for us, but how many of you could eat such amount of greens each and every day?

And yet on the nutrition front, dark leafy greens, are, calorie for calorie, perhaps the most concentrated source of nutrition available. Not to bore you with statistics, just to remind you, that these veggies deliver a bonanza of vitamins, minerals, phytonutrients, small amounts of Omega-3 fats, and of course fiber. The darker the leaves, the more nutrients the vegetable usually has.



*Dark leafy greens: the most concentrated source of nutrition available.*

## The need for more greens

A few times a year, usually when I start feeling tired, sick and old – I decide that I definitely need to eat more fresh vegetables, especially greens. And when I say MORE, I mean A LOT, LOT MORE, as in ancient times MORE. I am going to write more about the book that was a great inspiration for me in terms of diet (80/10/10 Diet by Dr. Douglas N. Graham), but for now I will just say that according to that diet a salad is not some wimpy dish of a few leaves of lettuce, with a piece of tomato or cucumber on top, soaked in greasy dressing, sprinkled with cheese, croutons, and whatnot.

No way! (as my son would exclaim).

It's more like a HUGE bowl of mixed greens, with loads of tomatoes, cukes, peppers, raw corn, and sometimes fruit to dress it up, but usually no dressing whatsoever, except for a splash of lemon juice or maybe blended fruit.

So when you think about it – it takes a REALLY LONG time to actually chew all this stuff... And good chewing is really important too...so what's the solution?

## Green smoothies, or drinkable salads

You can call them green smoothies, drinkable salads or salad straight from your blender. It's MUCH faster to drink the same amount of greens that it would take to properly chew it. I'm assuming, that unlike a cow that spends whole day chewing grass on a green meadow (I know, most modern cows don't do THAT anymore, which is actually quite depressing to think about), you don't have all day, because you have THINGS to do in your life. Like reading this blog, ha, ha.)

So that's what I do with my salads when I'm pressed for time, and I suggest you try them too. Smoothies only take about a minute to prepare, and a minute or two to drink.

Some combinations you may want to try:

- Spinach with bananas and strawberries

- Spinach with apples, bananas, and some lemon or lime juice
- Spinach, bananas peaches, mango
- Romaine lettuce with bananas
- Romaine lettuce with cucumber and bananas
- Romaine and celery with blueberries

Add 1-2 cups of water and blend. Adjust proportions to your liking. Try to experiment with different greens and fruits. Fruits are added for sweetness, so make sure they are really RIPE, especially bananas. For example, beautifully ripened bananas look like this:



*Spinach, strawberries and bananas: ready for a green smoothie*

Okay, so I need to add more spinach here, but I really love sweet taste of bananas!

Greens to add to your smoothies: spinach, arugula, Swiss chard, dandelion, kale, collard greens. Young, tender greens are better. Iceberg lettuce, although not very green at all, can be used too.



*Green smoothie: Don't be turned off by the green color, because it's delicious!*

I used to do a lot of juicing in the past and I still try to do it (I made a commitment to do it at least 2-3 times a week for the next couple of months), but let's face it – it is quite time consuming and really messy. My problem is over since I started making green smoothies.

Making smoothies is a super easy way to eat lots of greens, and a great alternative to juicing. It is much faster, less messy, and you also get fiber in addition to juice.

# More Smoothie Recipes

## 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

\* 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
- 1/8 tsp. cinnamon (optional)

\* 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

\* 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

½ cup of sliced strawberries

2 apples peeled, cut and with seeds removed

½ cup of blueberries

½ cup of peaches

\* Process in a blender until smooth

Making fresh juices and smoothies is a great way to lose weight, control cravings, and improve your health. Despite from what the Standard American Diet (SAD) diet teaches us, for optimum health and weight, we should be eating 80% or more of calories from plant sources, most of it in their RAW state.

Hugs and happy juicing!

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For more information, visit

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