

Our Customer Recipes



Welcome Our Customer Recipes



This is YOUR recipe guide, lovingly crafted by your fellow JUV community members who share your zest for juicing adventures.

Inside, you'll uncover a treasure trove of recipes born from our vibrant community's creativity.

Whether you're taking your first sip into the world of juicing or you're a seasoned pro, this guide is your passport to an exciting, healthier, and more vibrant juicing lifestyle, all designed by and for our spirited community.

Happy Juicing :)

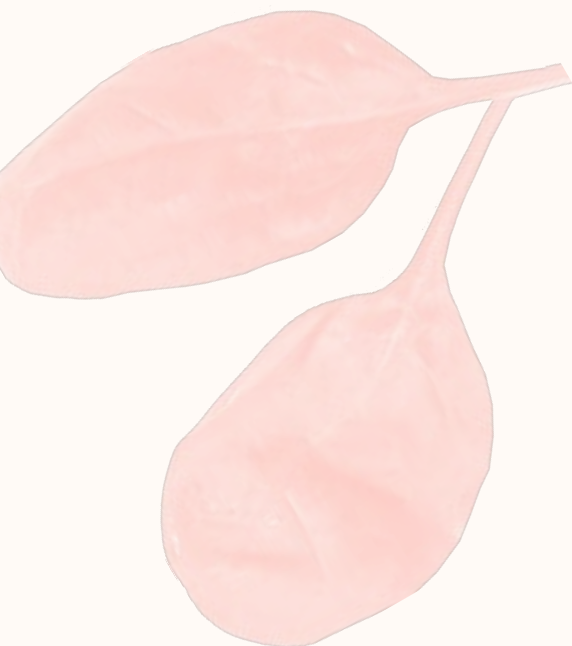




Green Juices

Benefits:

1. Detoxification
2. Antioxidants
3. Digestion





Spinach Spark Sip

- Handful of spinach
- 3 stalks of celery
- 1/2 cucumber
- 1 peeled lemon
- Honey crisp apple
- 1 inch piece of ginger
- Bit of filtered water

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@STEPHMAHONEY



Kale Kickstart Shot

- 1 bunch of kale
- 1 pineapple
- 2-3 green apples
- 2 cucumbers
- 2 handfuls of spinach
- 1 cup of water

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@THEHOMEMADEPRACTICAL



Cool Celery Sip

- Celery
- Water

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@KARAFDOHERTY



Leafy Kale Vitality

- Lemon
- Orange
- Cucumber
- Celery
- Green apple
- Ginger
- Kale

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[@THEHEALTHYISHDISH](#)



Tropical Green Delight

- 1 Stalk Of Celery
- 2 Granny Smith Apples
- 1 Gala Apple
- 2 Bunches of Kale & Spinach
- 1 Cucumber
- 2 Lemons
- 2 Limes

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[@THEOKAEKAELA](#)



Apple Ginger Bliss

- Celery
- Green apples
- Ginger

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[@CXHILL](#)



Immunity Shots

Benefits:

1. Immunity support
2. Inflammation
3. General health





Immune Bliss Shot

- Ginger
- Orange
- Turmeric (fresh, liquid or powder)
- Lemon
- Coconut water

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@ZIERAMARIE



Golden Hour

- Turmeric
- Ginger
- Lemon
- Black Pepper

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@JUSTINGNELSON



Wellness Elixir

- Fresh ginger
- Fresh turmeric
- Limes- lemons
- Oranges
- Pineapple
- Honey

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@EMINTHEKITCH



Pure Health Burst

- Ginger
- Pineapple
- Turmeric

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Ginger Vital Shot

- Ginger
- Water

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@SBMFEL



Pure Health Kick

- 2 celery stalks
- 1 Granny Smith apple
- 1 lemon
- 2-inch ginger
- Cayenne Pepper
- Water

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@CHRIS_TEN7



Ginger Zest Shot

- Lemon
- Ginger
- Cayenne Pepper

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@UGC.SUMMER



Immune Power Punch

- 2 cups of water
- 3 whole oranges peeled
- 2 whole lemons peeled
- 3 whole carrots
- 3 "inches" ginger root
- 3 tablespoons of apple cider vinegar
- 1 tablespoon cayenne pepper
- 2 cloves of garlic- 1 heaping tablespoons turmeric- 1/2 tablespoon black pepper (to activate turmeric)- optional: raw honey

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@MINDANDBODYBYHAILEY



Immune Boost Elixir

- Lemon juice
- Garlic
- Ginger
- Cayenne
- Turmeric
- Black pepper

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@DESIREELEIGHH



Wellness Splash

- Ginger Root
- Lemon
- Orange
- 2 T Turmeric Powder

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@CATVDM



Fresh Fusion Boost

- 1/2 Cucumber
- 1/4 Lemon
- 1/3 Apple
- A splash of water

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@MYDAYBYJAY



Celery Juice

Benefits:

1. Hydration
2. Nutrient rich
3. Digestive health





Cool Celery Quench

- Celery
- Ginger
- Green Apple

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@CXHILL



Celery Chill Quench

- Celery
- Water

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@KARAFDOHERTY

The background features several watermelon slices and leaves in a light, semi-transparent red color. One whole slice is in the top right, another in the middle left, and a large cross-section is on the right. Two leaves are in the bottom left.

Watermelon Juice

Benefits:

1. Hydrating
2. Low in cals
3. Vitamins/minerals



Watermelon Lime Mocktail

- Watermelon
- Half a lime (add more for taste)
- Mint (half a handful)
- @drinkhiyo watermelon lime drink

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@SUMMER.HALPHENUGC



Juicy Watermelon Crush

- Watermelon
- Add ice
- Garnish with lime

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@IMYOUNGWORLD



Orange Juice

Benefits:

1. Immunity
 2. Skin health
 3. Digestive health
- 



Antioxidant-rich & Anti-inflammatory Juice

- Strawberries
- Watermelon
- Blueberries
- Oranges
- Agave

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@EMINTHEKITCH



Orange, Apple, Ginger

- 12 Oranges
- 12 Red Apples
- 3 Lemons
- 3" Ginger

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@LADYSHARKFITNESS



Orange Juice

- Orange
- Ginger
- Turmeric

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Carrot Juice

Benefits:

1. Vision health
 2. Antioxidant support
 3. Digestive health
- 



Fresh Juice

- 1 chopped carrot
- 1 sliced apple
- A few pieces of ginger
- Some lemon juice
- Some water

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@SHEZELSLIFE



Orange Juice

- Orange
- Carrot
- Apple

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@HEYHALEYTAYLOR



Citrus Strawberry Carrot Juice

- Orange
- Strawberry
- Carrot

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@HERRETURN TICKETS



Beet Juice

Benefits:

1. Liver support
 2. Antioxidant support
 3. Digestive health
- 





Radiant Health Potion

- Beets
- Cucumber
- Lemon
- Lime
- Apple
- Grapefruit
- Parsley
- Celery

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@REVELINABERTO



Nut Milks

Benefits:

1. Dairy free & vegan
 2. Low carbs
 3. Diverse nutritional profile
- 



Fresh Almond Milk

- Almond
- Water
- Vanilla Essence
- Dates

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@ITSMINVA8ION



The Simplest Way to Juice



*Disclaimer: Actual juicing benefits may vary.
Consult a doctor and/or nutritionist before
starting any juice regimen.*