

The Ultimate Juicing Recipe Guide

Welcome to the Ultimate Juicing Guide by JUV! Our mission is to simplify the juicing process and make it hassle-free for you. Say goodbye to complicated recipes with countless ingredients. With just three simple steps, you can create a refreshing and delicious juice.

To make your juice, choose one ingredient from each of the Base, Leafs, and Sweeteners categories. When measuring, use large handfuls in a 2:1:1 ratio. That means two handfuls of the Base ingredient, one handful of the Leafs, and one handful of the Sweeteners. Let this ratio serve as a starting point and feel free to adjust to taste! And add any combination of Bonus Boosts, as desired.

Now, let your creativity run free and enjoy your juicing journey!

Bases	Leafs	Sweeteners
<ul style="list-style-type: none">• Celery• Carrots• Beets• Cucumbers	<ul style="list-style-type: none">• Spinach• Kale• Arugula• Watercress• Micro greens• Wheatgrass	<ul style="list-style-type: none">• Orange• Pear• Green Apple• Grapefruit• Pineapple• Kiwi• Mango
Bonus Boosts (for your juice)		
<ul style="list-style-type: none">• Lime• Parsley• Lemon	<ul style="list-style-type: none">• Mint• Ginger• Turmeric	<ul style="list-style-type: none">• Cayenne• Honey• Cilantro

Blend. Press. Enjoy!