

# 51

## *JUICE RECIPES* **FOR BEGINNERS**



## #1 Viva Forever!

### Ingredients

- 12 medium Carrots
- ¼ tsp Cayenne Pepper
- 1 hand Cilantro
- ½ cup Coconut water
- 1 thumb Ginger Root
- ¼ Lemon
- ¼ Lime
- 1 dash Salt

## #2 Heart Beet

### Ingredients

- 1 medium Apple
- 1 Beet Root
- 12 medium Carrots
- ½ Lemon
- 2 Oranges

## #3 Beginner Green

### Ingredients

- 3 medium Apples
- 4 stalk Celery
- ¼ thumb Ginger Root
- ½ Lemon
- 1 Orange
- 5 hand Spinach

## #4 Lemon Ginger Zinger

### Ingredients

- 2 medium Apples
- 2 medium Carrots
- ½ thumb Ginger Root
- ½ Lemon

## #5 Mangolicious Citrus

### Ingredients

- 1 Apple
- 1 pinch Cayenne Pepper
- ½ Lemon
- 1 Mango
- 1 Orange

## #6 Green Cheer

### Ingredients

- 2 Apples
- 1 Avocado
- 1 Cucumber
- 1 thumb Ginger Root
- ½ Lemon
- 1 Orange
- 1 hand Parsley
- 2 hand Spinach

## #7 The Beet Goes On

### Ingredients

- 1 Apple
- 1 Beet Root
- 3 medium Carrots
- 2 stalk Celery
- 2 hand Parsley

## #8 Bunny Brew

### Ingredients

- 7 medium Carrots
- ½ Lemon
- 7 leaves Peppermint
- ½ Pineapple

## #9 Fennel to the Metal

### Ingredients

- ¼ tsp Cinnamon
- ½ cup Coconut Water
- 1 bulb Fennel Bulb
- 1 Lemon
- 2 Oranges
- 2 Pears
- 10 leaves Peppermint

## #10 Splendid Spinach

### Ingredients

- 2 Apples
- 2 leaf Kale
- 1 hand Parsley
- 1 cup Spinach

## #11 Red Dawn

### Ingredients

- 2 Apples
- 3 medium Carrots
- 1 Cucumber
- 1 Mango
- 1.5 cup Strawberries

## #12 Force Field

### Ingredients

- 1 Beet Root
- 6 medium Carrots
- ½ cup Coconut Water
- 1 thumb Ginger Root
- ¼ Lime
- 1 Orange
- 2 thumb Turmeric Root

## #13 Mango Tango

### Ingredients

- 1 Mango
- 1 Pineapple

## #14 Blackberry Pop

### Ingredients

- 1 cup Blackberry
- 1 Kiwifruit
- 1 Pear
- 10 leaves Peppermint
- ¼ Pineapple

## #15 Ginger Paradise

### Ingredients

- 1 Apple
- 4 medium Carrots
- 1 thumb Ginger Root

## #16 Sleepy Time Juice

### Ingredients

- 5 stalk Celery
- 1 tbs Honey

## #17 Mexican-Style

### Jugo

### Ingredients

- 2 Apples
- ½ Bell Pepper
- 1 bunch Cilantro
- 2 Cucumbers
- ½ Lime

## #18 Pomegranate

### Pizazz

### Ingredients

- 1 Apple
- 1 Cucumber
- ½ Lemon
- 1 Orange
- 1 cup Pomegranate

## #19 The Fog Cutter

### Ingredients

- 2 Apples
- ¼ head Red Cabbage
- 4 medium Carrots
- ½ thumb Ginger Root
- 1 Lemon
- 4 hand Spinach

## #20 Coconut Splash

### Ingredients

- 1 Coconut Meat
- 2 Oranges
- 2 Peaches

## #21 Full Immunity

### Ingredients

- 2 Apples
- 7 Carrots
- 2 clove Garlic
- 1 thumb Ginger Root
- 1 hand Parsley

## #22 Green Boost

### Ingredients

- 3 Apples
- 2 stalk Celery
- 3 leaf Kale
- 1 Orange
- 1 hand Parsley
- ½ Serrano Pepper
- 1 Zucchini

## #23 Minty Berry

### Ingredients

- 2 cup Blueberries
- 2 Kiwi
- 30 leaves Peppermint
- 1 Strawberry

## #24 Pineapplesious

### Ingredients

- ½ Lime
- 1 Mango
- ½ Pineapple
- 1 Sweet Potato

## #25 Inner Peach

### Ingredients

- 2 Apples
- ½ Lemon
- 1 Orange
- 2 medium Peaches
- 1 cup Raspberry
- 4fl oz Sparkling Water

## #26 Groovy Green

### Ingredients

- 1 Banana
- 1 cup Grapes
- ½ cup Vanilla Yogurt
- ½ apple
- 1.5 cup Spinach

## #27 Strawberry

### Oatmeal

### Ingredients

- 1 cup Soy Milk
- ½ cup Rolled Oats
- 1 Banana
- 14 Strawberries
- ½ tsp Vanilla Extract

## #28 Avocado

### Smoothie

### Ingredients

- 1 Avocado
- 1 cup Milk
- ½ cup Vanilla Yogurt
- 3 tbs Honey
- 8 Ice Cubes

### #29 Green Monster

#### Ingredients

- 1 cup Milk
- ½ cup Yogurt
- 1 banana
- 1 tbsp Peanut Butter
- 2 cups Spinach

### #30 Coconut Matcha

#### Ingredients

- 1 Banana
- 1 cup Mango
- 2 leaves Kale
- 2 tbsp Shredded Coconut
- ½ tsp Matcha Powder
- 1 cup Water

### #31 Almond Berry

#### Ingredients

- 1 cup Blueberries
- 1 Banana
- ½ cup Almond Milk
- 1 tbsp Almond Butter
- Water as Needed

### #32 Revenge of Antioxidants

#### Ingredients

- 1 cup Metabolic Boost
- ½ cup Watermelon
- ¼ cup Red Grapes
- ¼ cup Mango
- 2 tbsp Ground Flax Seed

### #33 Green Beet

#### Ingredients

- 1 cup Metabolic Boost
- ½ Beet Root
- ¼ cup Raspberry
- ¼ cup Strawberry
- 2 tbsp Stevia

### #34 Health Booster

#### Ingredients

- 1 cup Almond Milk
- ½ Avocado
- 1 Apple
- 5 Baby Carrots
- Ice Cubes

### #35 Funny Kiwi

#### Ingredients

- 1 cup Coconut Milk
- ½ Kiwi
- ¼ cup Cherry
- ¼ cup Blackberry
- 2 tbsp Stevia

### #36 Bro Bell Pepper

#### Ingredients

- 3 cups Broccoli
- ½ cup Green Bell Pepper
- 2 cups Carrots

### #37 Cabbage Beet

#### Ingredients

- 2 leaves Cabbage
- 1 Beet Root
- ½ Cucumber
- 4 medium Carrots

### #38 Easy Orange

#### Ingredients

- 5 Oranges
- ½ cup Parsley

### #39 Kiddie Juice

#### Ingredients

- 2 Apples
- 3 medium Carrots
- 4 stalks Celery

### #40 Mango Peach

#### Ingredients

- ¼ cup Mango
- 1 Banana
- ¼ cup Peach
- ¼ cup Spinach
- ¼ Water

### #41 Bless the Beets

#### Ingredients

- 2 Oranges
- 1 Beet Root
- 4 medium Carrots
- 8 leaves Mint

### #42 Pineapple Needs to Chili

#### Ingredients

- 1 cup Pineapple
- 1 cup Carrot
- 1 tbsp lime juice
- ½ Green Chili
- 4-5 Ice Cubes

### #43 Kale Flush

#### Ingredients

- 1 Apple
- 3 leaves Kale
- 2 leaves Lettuce
- 3 stalks Celery
- ½ Cucumber

## #44 Tangy Cabbage

### Ingredients

- 1 cup Grapes
- 1.5 cup Apple
- ¼ Red Cabbage
- 3 stalks Celery
- 1 thumb Ginger
- 1 tbsp Vinegar
- ½ Lemon

## #45 Peach Green

### Ingredients

- 1 cup Spinach
- 3 Peaches
- 1 tbsp Sesame Seeds
- ¼ cup Dried Apricots
- ½ Almond Milk
- ½ cup Yogurt
- ½ cup Ice Cubes

## #46 Super Smoothie

### Ingredients

- ½ cup Broccoli
- ½ cup Blueberries
- ½ cup Banana
- ½ cup Oats
- 1 tbsp Sunflower Seeds
- ½ cup Almond Milk
- ½ cup Water
- ½ cup Ice Cubes

## #47 Summer Salad Smoothie

### Ingredients

- 10 leaves Mint
- 10 leaves Sweet Basil
- 10 leaves Coriander
- 2 cups Watermelon
- ½ Avocado
- ½ cup Cucumber
- ½ Lime
- ½ cup Water

## #48 Avocado Lime

### Ingredients

- 1 cup Spinach
- ½ cup Cucumber
- ½ Avocado
- 3 Limes
- Honey for Taste
- 6 Ice Cubes

## #49 Minty Green

### Ingredients

- 1 cup Spinach
- 10 leaves Mint
- 2 Pitted Dates
- 2 tbsp Cashew Butter
- 1.5 cup Water

## #50 Green Pina Colada

### Ingredients

- 4 cups Pineapple
- ½ cup Coconut Meat
- 4 tbsp Pitted Dates
- 2 cups Coconut Water
- 2 cups Ice Cube

## #51 Minty Papaya

### Ingredients

- 3 cups Spinach
- 2 cups Papaya
- 1 cup Pear
- 2 tbsp Goji Berries
- 10 leaves Mint
- 1 cup Water