

# 27 HEALTHY JUICE RECIPES



# SWEET GREENS JUICE RECIPE

4 Kale Leaves

1 Green Apple

4 Celery Sticks

8 Parsley Sprigs

1 Cucumber

1/2 Lemon



# CARROT SPICE JUICE RECIPE

**7 Carrots**

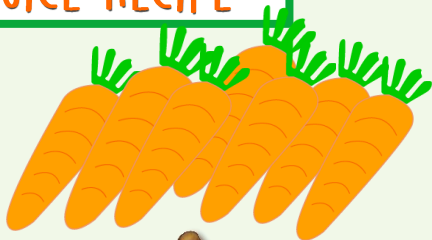
**1" Piece Of Ginger**

**1/2 Lime**

**1/4 Cup Cilantro**

**Pinch Of Cayenne Pepper**

(Add To Finished Juice)



# BEEF TREAT JUICE RECIPE

**1 Carrot**

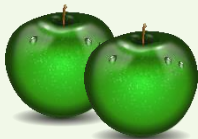
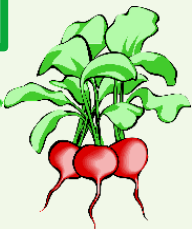
**1 Beet**

**1" Pineapple Ring**

**1/2 Peeled Lemon**

**2 Green Apples**

**1" Piece Of Ginger**



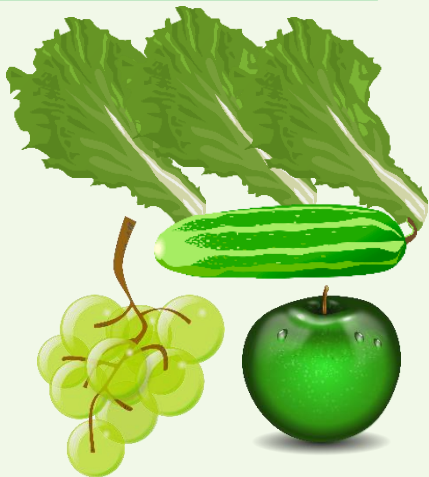
# ANTIOXIDANT BOOST JUICE RECIPE

**Handful Of Kale**

**Handful Of Green  
Grapes**

**1 Cucumber**

**1 Green Apple**



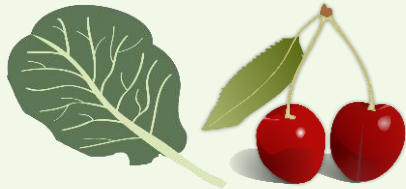
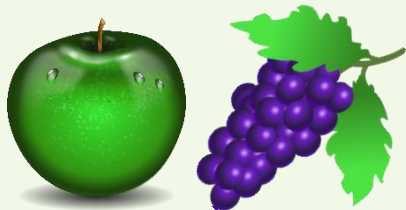
# ANTI-AGING BOOST JUICE RECIPE

**1 Apple**

**1/2 Cup Purple Grapes**

**Handful Of  
Collard Greens**

**1/2 Cup Cherries**



# MUSCLE JUICE RECIPE

**1 Orange**

**1/2 Cup Of Sweet Potatoes**

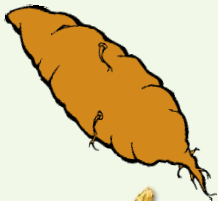
**2 Apples**

**3" Piece Of Turmeric**

**2 Stalks Of Celery**

**3 Teaspoons Of  
Ground Almonds**

**(mix in after juice is done)**



# ENERGY BLAST JUICE RECIPE

**3 Carrots**

**1 Green Apple**

**1 Peach**

**1/2 Lemon**

**1" Piece Of Ginger**

**1 Handful Of Mint Leaves**





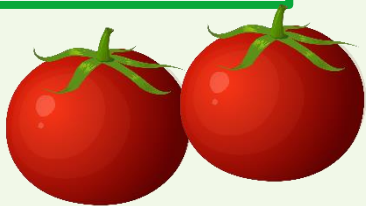
# LYCOPENE BLISS JUICE RECIPE

**2 Large Tomatoes**

**1/2 Cucumber**

**1/2 Cup Cilantro**

**1/4 Lemon**



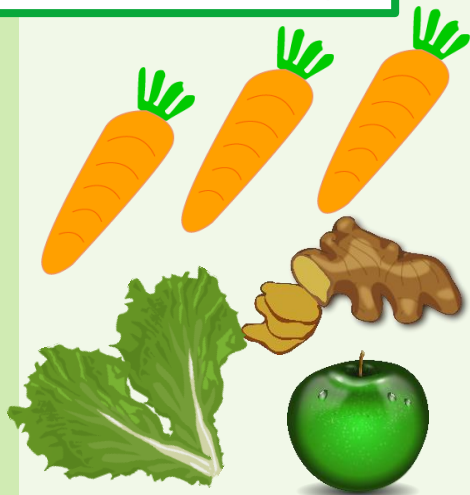
# IMMUNITY BOOSTER JUICE RECIPE

**3 Carrots**

**1 Bunch Of Kale**

**1" Piece Of Ginger**

**1 Green Apple**



# WHEATGRASS HARMONY JUICE RECIPE

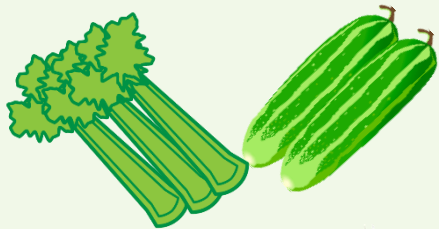
**3 Stalks Of Celery**

**2 Cucumbers**

**5 Spinach Leaves**

**1/2 Cup Fresh Parsley**

**2 Oz. Fresh  
Wheatgrass Juice**



# SPINACH ENERGY BLAST JUICE RECIPE

**Bunch Of Spinach Leaves**

**2 Celery Sticks**

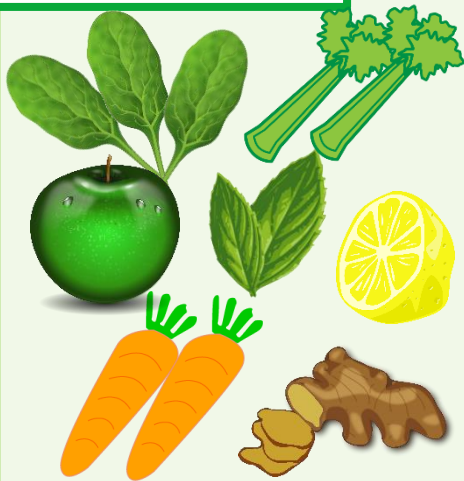
**1 Sprig Of Mint**

**1/2 Large Lemon**

**1 Green Apple**

**2 Medium Carrots**

**2" Piece Of Ginger**



# BET RENEWAL JUICE RECIPE

**5 Celery Stalks**

**4 Beets With Roots**

**2 Cups Grapes**

**3 Carrots**



# WATERMELON BREEZE JUICE RECIPE

**2 Cups Of Watermelon**

**1 Cup Of Strawberries**

**1/2 Fresh Lime**

**1" Piece Of Ginger**



# GREEN MORNING ENERGY JUICE RECIPE

**5 Kale Leaves**

**1 Lemon**

**1 Apple**

**1" Piece Of Ginger**

**1 Sprig Of Mint**



# SWEET BERRY JUICE RECIPE

1. Juice 5 Kale Leaves
2. Blend 1 cup of strawberries and/or raspberries in a blender or food processor.
3. Add the berry puree to your kale juice, mix with a spoon and enjoy!





# MY SWEET BASIL JUICE RECIPE

**1 Handful Of Basil**

**1 Apple**

**1 Cucumber**

**1/4 Lime**

**3 Spinach Leaves**



# SPICY GREEN JUICE RECIPE

**1 Cup Of Pineapple**

**5 Kale Leaves**

**1/2 Piece Of Fresh  
Jalapeño**

**1 Cucumber**



# CITRUS GREEN JUICE RECIPE

1 Orange

2 Kale Leaves

3 Celery Stalks

1/2 Grapefruit

1/2 Cucumber

1/2 Lemon



# GREEN JUICE CLEANSE RECIPE

**4 Handfuls Of Spinach**

**3 Kale Leaves**

**2 Green Apples**

**3 Celery Stalks**

**1/2 Cucumber**

**1/2 Lemon**



# LIQUID BROCCOLI ZINGER JUICE RECIPE

**1 Bunch Of Broccoli**  
(Florets And Stalks)

**2 Green Apples**

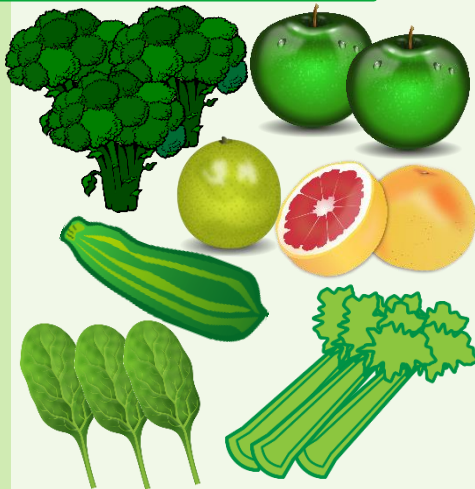
**1 Lime**

**1/2 Grapefruit**

**1/2 Zucchini**

**Handful Of Spinach Or  
Romaine Lettuce Leaves**

**3 Stalks Of Celery**



# GREEN HONEYMOON JUICE RECIPE

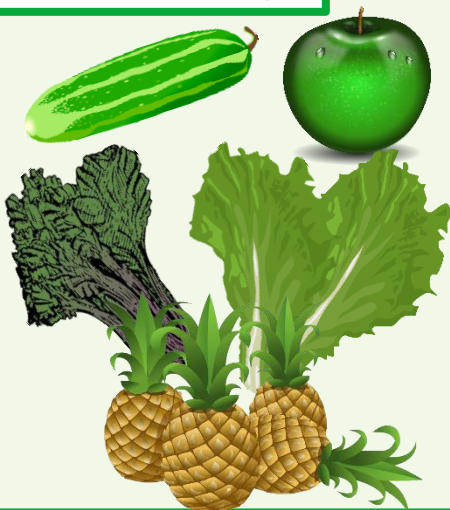
**1 Cucumber**

**1 Apple**

**1/2 Cup of Pineapple**

**4 Kale Leaves**

**3 Swiss Chard Leaves**

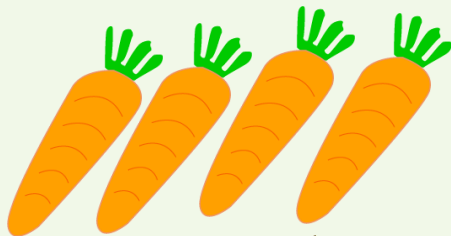


# CARROT GINGER JUICE RECIPE

**4 Carrots**

**1/2 Apple**

**1" Piece Of Ginger**



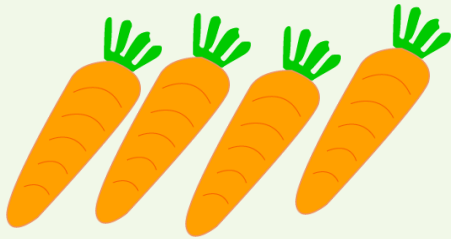
# SKIN BRIGHTENING JUICE RECIPE

**4 Carrots**

**Handful Of Parsley**

**1/2 Green Apple**

**Handful Of Spinach**





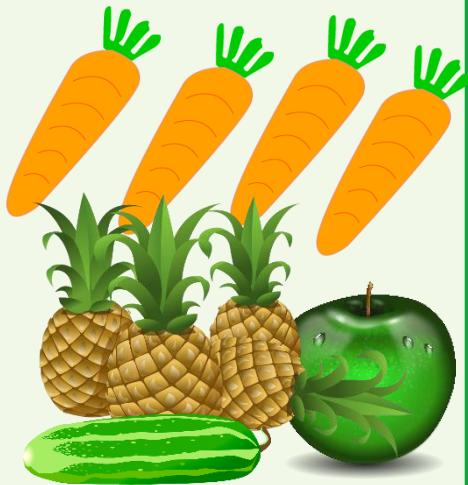
# PINEAPPLE SKIN BRIGHTENING JUICE RECIPE

**4 Carrots**

**1/2 Cup Pineapple**

**1 Cucumber**

**1/2 Green Apple**



# DRY SKIN RELIEF JUICE RECIPE

- 1 Green Apple**
- 1 Cucumber**
- 1 Beet**
- 3 Carrots**
- 2 Oranges**
- 1/2 Lemon**



# HOMEMADE V8 JUICE RECIPE

- 2 Kale Leaves
- 1 Collard Green Leaf
- Handful Of Parsley
- 1/2 Red Bell Pepper
- 1 Celery Stalk
- 1 Carrot
- 1 Broccoli Floret
- Large Tomato



# VITAMIN E SKIN NOURISHING JUICE RECIPE

**1 Green Apple**  
**Bunch Of Spinach**  
**Bunch Of Swiss Chard**  
**1/2 Grapefruit**  
**1/2 Lime**

Optional: Stir in 1 teaspoon of very finely ground sunflower or sesame seeds to the finished juice for an added boost of vitamin E

