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Juicing Recipes

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"All recipes are in the amount of a single serving. If you want to make enough juice to last you for an afternoon or multiple people, It is suggested to make 2 to 3 times the amount listed."

"Can't Beet It"

- ½ Thumb Ginger Root
- ½ Cucumber
- 3 Stalks Celery
- 4 Carrots
- 1 Beet(Red)
- 2 Apples

"Sweetness Morning"

- 1 Broccoli Bunch
- 1 Cucumber
- 2 Oranges (Peeled)
- 2 Carrots

"Summer Lift"

- 3 Cucumbers
- 10 Stalks Celery
- 5 Green Apples
- 3 Kale Leaves + Stem

"Popcorn"

- 3 Broccoli (Crown+Stem)
- 1 Cucumber
- 5 Carrots
- 3 Oranges(Peeled)
- 1 Handful Parsley
- 2 Apples

"Respect Your Roots"

- 1 Beet(red)
- 10 Carrots
- 1 Full Sweet Potato

"Mangold"

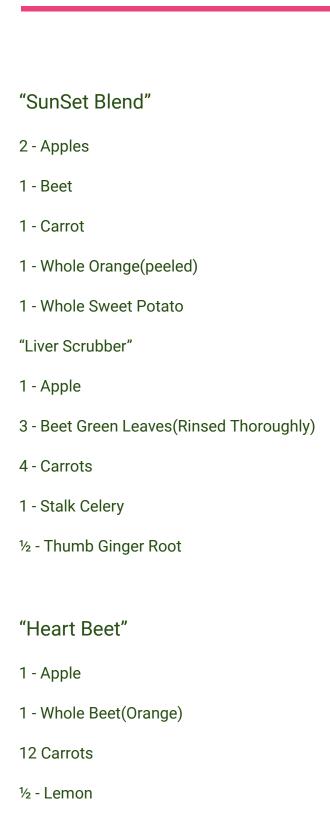
- 2 Carrots
- 1 Mango(Seed Removed)
- 1- Golden Beet
- 1 Thumb Turmeric

"Gradew"

- 1 Cucumber
- ½ Grapefruit
- ½ Honeydew
- 4 Kale Leaves+Stem
- ½ Lemon(Peeled)

"Grape Stalker"

- 2 Beets
- 2 Stalks Celery
- 1 Cup Grapes
- 1 Cup Blackberries
- ½ Cucumber



2 - Oranges(peeled)

"Beet Nik"

- 1 Bunch Spinach
- 2 Stalks Celery
- 8 Carrots
- 1 Whole Beet
- 1 Medium Apple

"WingMan"

- 3 Apples
- 3 Stalks of Celery
- 1 Cucumber
- 1/2 Thumb Ginger Root
- 4 Kale Leaves+ Stem
- 1 Whole Lemon
- 1 Whole Orange(peeled)

"BB-USA Lemonade Bliz"

- 1 Bunch Spinach
- 1 Whole Lemon
- 4 Kale Leaves+Stem
- 1 Cucumber
- 2 Apples

"Any-Time Fat Loss"

- 2 Apples
- 2 Stalk Celery
- 1 Cucumber
- 5 Kale Leaves+Stem
- ½ Lemon
- 2 Whole Oranges(peeled)
- 1 Handful of Parsley

"Beets and Treats"

- 1 Beet(red)
- 2 Leaves Cabbage(red)
- 3 Carrots
- ½ Lemon
- 1 Whole Orange(peeled)
- 1/4 Fresh Pineapple
- 1 Handful Spinach

"Green Aid"

- 4 Apples(Red-Sweet/Green-Tangy)
- 3 Stalks Celery
- 2 Kale Leaves+Stem
- 1 Lemon(peeled)
- 1 Bunch Spinach (4-Cups)

"Morning Glory"

- 1 Whole Beet
- 2 Medium Carrots
- 2 Whole Oranges

"Red Tangy Spice"

- 1 Bunch Spinach(2 Cups)
- ½ Lime
- 1 Whole Jalapeno
- 2 Stalks Celery
- 5 Carrots
- 1 Beet

"Rock The Beet"

- 1 Whole Beet
- ½ Lemon
- 3 Pears
- 1 Cup Raspberries(frozen)

For additional Resources on Juice Fasting Benefits and to Learn the Difference between Juicers and Blenders Make Sure to Visit: https://aplantbaselife.com/