

Cabbage Rose (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1/8 cabbage
- 1 handful fresh spinach leaves
- 2 sprigs fresh rosemary or ½ tsb (2 ml) dried
- 2 carrots
- 1 apple

Combine all in a juicer. Whisk and pour into glass.

Carrot Allium (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 3 carrots
- 1 handful fresh spinach leaves
- 1 clove garlic
- ½ lemon
- Pinch cayenne pepper

Combine all in a juicer except cayenne and process, whisk in cayenne and pour into glass.

Carrot Apple (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 4 carrots
- 2 stalks celery
- 1 apple
- 4 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)

Combine all in a juicer. Whisk and pour into glass.

Carrot Fennel Orange (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 4 oranges
- 3 carrots
- 1 lemon
- ¼ fresh fennel bulb

Combine all in a juicer. Whisk and pour into glass.

Carrot, Golden Beet and Orange

Serving size: 1 juice

Ingredients:

- 4 carrots
- 2 golden beets
- 3 cara cara navels
- ½ inch of fresh ginger

Combine all in a juicer. Whisk and pour into glass.

Carrot Head (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 3 carrots
- 2 pears
- 1 wedge green cabbage
- ¼ fresh fennel bulb
- 2 cauliflower florets

Combine all in a juicer. Whisk and pour into glass.

Cauli-Slaw (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1/2 head cauliflower, cut to fit tube
- 1/8 head cabbage
- 2 carrots
- 2 stalks celery
- 1/4 onion
- 1 apple

Combine all in a juicer. Whisk and pour into glass.

C-Blend (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 oranges
- 1 grapefruit
- 1 lime
- 1/2 cup whole cranberries, fresh or frozen
- 1 tbs liquid honey, optional

Combine all in a juicer. Whisk and pour into glass

C-Blitz (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 grapefruit
- 1 oranges
- 6 springs fresh parsley (should be avoided during pregnancy and kidney inflammation)
- 3 kiwi fruits

Combine all in a juicer. Whisk and pour into glass

Cherry Juice (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup pitted cherries
¼ fresh fennel bulb
1 cup grapes
½ lime

Combine all in a juicer. Whisk and pour into glass

Celery (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

4 stalks celery
2 carrots
¼ fresh fennel bulb
½ tsp ground cumin

Combine all in a juicer. Whisk and pour into glass.

C-Green (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

3 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)
1 handful fresh spinach leaves
1 handful watercress
1 apple

Combine all in a juicer. Whisk and pour into glass.

Cherry Sunrise (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup pitted cherries
- 1 grapefruit
- 1 apple
- 1 tbsp fresh chamomile flowers, optional

Combine all in a juicer. Whisk and pour into glass.

Cognition (Men's Fitness)

Ingredients:

- 1 beetroot
- 1 sweet potato
- 3 medium carrots

Combine all in a juicer and process, whisk and pour into glass.

Nutrition: 93 Calories; 3g Protein; 27g Carbs; 0g Fat; 1g Fiber.

Cran-Apple (Juicing Bible 2nd Edition)

(Raw Vegan)

Prep time: 10 minutes

Serving size: 1 big juice

Ingredients:

- 3/4 cups cranberries
- 2 apple
- 3 carrots

Cranberry (Juicing Bible 2nd Edition)

Ingredients:

- 1 cups whole cranberries, fresh or frozen
 - 1 grapes
 - 2 spears pineapple
- Combine all in a juicer, Whisk and pour into glass

Cranberry Apple Detox Juice (Joe's Reboot)

(Raw Vegan)

Prep time: 10 minutes

Serving size: 1 big juice

Ingredients:

- 1.5 cups cranberries
- 1 apple
- 3 celery stalks
- 3 leaves of romaine lettuce
- 1/2 thumb of ginger
- 1/2 lemon, peeled

Combine all in a juicer, Whisk and pour into glass

Cranberry Apple Ginger (Joe's Reboot)

Ingredients:

- 2 cups (240 g) fresh cranberries
- 2 apples (green or red)
- 2 in (5 cm) piece of ginger
- 2 kale leaves (Tuscan cabbage)

DIRECTIONS:

1 Wash all produce well.

2 Core apples.

Juice all ingredients and enjoy.

Cranberry Juice (Juicing Bible 2nd Edition)

Serving size: 3

Ingredients:

- 4 cups cranberries
- 4 water
- 2 apple juice (organic)
- 2 slices dried astragalus root, optional
- 2 tbsp raw sugar
- 2 tsp ground stevia (organic)
- ½ ground cinnamon
- ½ ground nutmeg

Directions:

1. Combine cranberries, water, apple juice, sugar, stevia and astragalus (if using) in a large saucepan. Bring to a boil over high heat and then reduce heat and let bubble gently for 15 minutes or until berries burst. Remove from heat, cool slightly and strain the mixture, pressing on solids to extract as much juice as possible.
2. When juice has drained through, discard astragalus (pulp may be used in another recipe) and whisk in cinnamon and nutmeg. Cool before drinking or blend with other juices or freeze for frozen treats.
3. To store: Store in an organic container (ideal glass) and keep in refrigerator and use within 2 days.

Cruciferous (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 1 spear broccoli
- ¼ head cabbage, cut to fit tube
- 1 head cauliflower, cut to fit tube
- 2 kale leaves
- ½ lemon
- 2 apples

Combine all in a juicer. Whisk and pour into glass.

Cucumber Cooler (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 1 cucumber
- 2 cups green grapes
- 1 handful fresh borage leaves
- 1 handful fresh mint
- 2 apples
- 1/2 lemon

Combine all in a juicer. Whisk and pour into glass.

Cucumber Fuzz (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 2 peaches, pitted sprigs fresh parsley
- 2 stalks celery
- 1 cucumber

Combine all in a juicer. Whisk and pour into glass.

Dandelion Tonic (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 3 fresh young dandelions (roots and leaves)
- 2 radishes
- 1 handful watercress
- 1 apple
- 1/2 lemon
- 1 1/2 -inch (1 cm) piece gingerroot

Combine all in a juicer. Whisk and pour into glass.