

Juices for Constipation

Cabbage Head (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- ½ head of cabbage
- 1 handful fresh basil
- 2 carrots
- 1 apple
- ¼ tsp crushed dill seeds

Combine all but the crushed dill seeds in a juicer and process. Whisk together with dill seeds and pour into glasses.

Fennel Fantasy (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- ½ fresh fennel bulb, Cut in half
- 2 apples
- ½ cup red grapes
- ¼ tsp ground cinnamon
- Pinch ground fennel, optional

Combine all but the cinnamon and ground fennel in a juicer and process. Whisk together with cinnamon and ground fennel and pour into glasses

Papaya Punch (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 1 papaya seeded
- 2 kiwifruits
- 1 appl
- 1 1-inch (2 cm) piece gingerroot

Combine all in a juicer and process. Whisk together and pour into glasses.

Pear Fennel (Juicing Bible 2nd Edition)

Serving size: 2 juices

Serving size: 1 juice

Ingredients:

- 2 pears
- ¼ fresh fennel bulb
- 2 apples
- ½ tsp powdered licorice (omit if you have high blood pressure)

Combine all except licorice in a juicer, Whisk licorice (if using) and pour into glass

Rhubarb (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 stalks fresh rhubarb, trimmed
- 1 cup hulled fresh strawberries
- 1 orange
- 1 ½ -inch (1 cm) piece gingerroot

Combine all in a juicer, Whisk and pour into glass

Roo-Berry Pie (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 stalks fresh rhubarb, trimmed
- 1 cup raspberries
- 1 cup hulled fresh strawberries
- 1 cup blueberries
- 1 cup natural yogurt

Combine all in a juicer except yogurt, Whisk yogurt in and pour into glass