

Paula Abdul's Blueberry Surprise

Serving size: 1 juice

Ingredients:

½ small daikon radish

½ cup blueberries

1 cup kale

1 cup spinach

2 green apples

Combine all in a juicer or blender and process until smooth

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Pear Fennel (Juicing Bible 2nd Edition)

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

Pear Pineapple (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2 pears

2 spears pineapple

1 cup red or green grapes

1 lemon

Combine all in a juicer, Whisk and pour into glass

Peas and Carrots (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup fresh or frozen peas
2 carrots
1 parsnip
¼ onion
¼ fresh fennel bulb

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

Peas Please (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup fresh or frozen peas
6 sprigs fresh parsley (see caution)
1 parsnip
¼ onion
¼ fresh fennel bulb

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

Peppers Please (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 red bell pepper, trimmed
1 green bell pepper, trimmed
½ cucumber
1 carrot

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

Pineapple Citrus (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1/2 pineapple cut into spears
2 oranges
1 lime

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

Pine-Berry (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2 spears pineapple
1 cup blueberries
1 cup pitted cherries
1/2 cup black currants

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

Pom Pom (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2 pomegranates, seeds only
1 cup pitted cherries
1 black plum, pitted
1 Red Delicious apple

Combine all in a juicer, Whisk and pour into glass

Raspberry Juice (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup raspberries
1 apple
2 oranges

Combine all in a juicer, Whisk and pour into glass

Red Horizon (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2 black plums, pitted
1 pomegranate, seeds only
1 orange
1 cup raspberries

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

Red Tomato

Serving size: 1 juice

Ingredients:

4 tomatos
4 radishes
½ red pepper trimmed
1 beet
¼ onion
Pinch cayenne pepper

Combine all in a juicer except cayenne pepper and process, whisk in cayenne pepper 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

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

Root Combo

Serving size: 1 juice

Ingredients:

- 1 parsnip
- 2 carrots
- 1 beet
- 1 apple

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