

Sanya Richards-Ross' Gold Medal Greens

Serving size: 1 juice

Ingredients:

1 cup spinach
1 cup parsley
½ small beet
2 apples
½ pear
4 carrots

Combine all in a juicer or blender and process until smooth

Sass in a Glass

Serving size: 1 juice

Ingredients:

2 star fruits
1/4 cantaloupe, cut in two
2 spears pineapple
1 lemon

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

Sea Herb Surprise

Serving size: 1 juice

Ingredients:

3 stalks celery
2 carrots
1 cup cubed squash
1 cup
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.

Slippery Beet (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 2 beets
- 1 clove garlic
- 1 apple
- 1 tbsp powdered slippery elm, optional

Combine all except slippery elm in a juicer and process, whisk in slippery elm, if using, and pour into glass.

Soft Salad (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- ½ head bok choy
- 1 carrot
- 2 stalks celery
- ¼ cup bean sprouts
- 1 wedge pineapple

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

Spiced Carrot (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 3 carrots
- 1 spear broccoli
- ½ cup fresh spinach leaves
- 1 ½-inch (1 cm) piece gingerroot
- ½ tsp ground cinnamon
- 1/8 tsp cayenne pepper, or to taste

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

Spring Celebration (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 10 spears asparagus
- 2 beets, tops intact
- 6 fresh spinach leaves
- 1 handful watercress or dandelion leaves
- 1 apple
- 2 tbsp maple sap, optional

Combine all except maple sap in a juicer and process, whisk in maple sap, if using, and pour into glass.

Squash Special (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 sweet potato
- 1 cup cubed squash
- ½ tsp cayenne pepper
- ½ tsp dried dill
- ½ tsp ground cumin

Process sweet potato in a juicer and set aside. Process squash in a juicer and pour in a separate container. Whisk in cayenne, dill and cumin.

When starch from sweet potato has settled on the bottom of the first container, pour the clarified sweet potato juice carefully into squash juice, leaving starch behind. Discard starch. Whisk and pour into glass

Star Berry

Serving size: 1 juice

Ingredients:

- 2 star fruits
- 1 cup blackberries
- ½ cup blueberries
- ½ raspberries

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

Strawberry-Orange Lemonade (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 1 cup hulled fresh or frozen strawberries
- 1 lemon
- 2 oranges
- 1 cup sparkling mineral water

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

Summer Nectar (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 3 nectarines, pitted
- 2 fresh apricots, pitted
- 1 cup blueberries
- 2 peaches, pitted
- 2 plums, pitted

Combine all in a juicer, Whisk and pour into glass

Summer Swizzle (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 4 fresh apricots, pitted
- 1 cup grapes
- 4 peaches, pitted
- 1 2-inch (5 cm) slice watermelon, cut to fit tube

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

Sunrise Supreme (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup hulled fresh strawberries
- 1 cup red grapes
- 1 orange

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

The Chiller (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juice

Ingredients:

- 1 carrot
- 2 stalks celery
- 1 apple
- ½ cucumber
- ½ zucchini
- ½ red bell pepper, trimmed

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

Thorny Pear (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 pears
- 1 red bell pepper, trimmed
- 1 cucumber
- 1 tsp powdered hawthorn

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

Tomato Tang (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 tomatoes
- 2 carrots
- 1 beet
- ¼ cup whole cranberries, fresh or frozen

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