

ABC (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 10 spears asparagus
- 1 apple
- 1 spear broccoli
- 2 carrots

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

Apple Beet Pear (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 apples
- 1 pear
- 3 beets, tops intact
- ½ lemon
- 1 ½-inch (cm) piece gingerroot

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

Apple Fresh (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 3 apples
- 1 cup red grapes
- ½ lemon
- ½ tsp powdered ginseng

Combine all but the powdered ginseng in a juicer. Whisk the ginseng in.

Apple Pear (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 apples
- 2 pears
- 1 ½-inch (1 cm) piece gingerroot
- ½ cup grapes
- ½ tsp ground cinnamon

Combine all but the cinnamon into a juicer. Whisk the ginseng in.

Apple Peach (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 peaches
- 2 fresh apricots, pitted
- ½ green grapes
- ¼ fresh fennel bulb

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

Artichoke Carrot (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 handful Jerusalem artichoke roots
- 3 carrots
- 1 tbsp fresh thyme or 1 tsp (5ml) dried or to taste
- 2 carrots

Combine all in a juicer. Whisk and pour into glass

Artichoke Eight (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 handful Jerusalem artichoke roots
- 2 stalks celery
- 2 carrots
- 1 parsnip
- ¼ head cabbage, cut to fit tube
- 1 cup fresh spinach leaves
- 1 apple
- ½ leek

Combine all in a juicer. Whisk and pour into glass

Autumn Refresher (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 3 pears
- 2 peaches, pitted
- 1 apple
- ½ lime

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

Beet (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 2 beets, tops intact
- 2 carrots
- 2 apples

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

Beet, Apple and Blackberry

Serving size: 2 juices

Ingredients:

3 small beets
2-3 apples
8 oz. blackberries
½ inch fresh ginger

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

Berry Best (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup blueberries
1 cup pitted cherries
½ cup grapes
¼ cantaloupe

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

Beta Blast (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

3 carrots
2 fresh apricots pitted
¼ cantaloupe

Combine all in a juicer. Whisk and pour into glass

Beta-Caro (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

3 carrots
3 fresh apricots, pitted
3 peaches, pitted

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

Black Pineapple (Juicing Bible 2nd Edition)

Ingredients:

- 1 cup blackberries
- 3 springs fresh parsley (should be avoided during pregnancy and kidney inflammation.)
- 2 spears pineapple
- ½ cup blueberries
- ½ cup raspberries

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

Blueberry (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup blueberries
- 1 cup pitted cherries
- ½ cup red grapes
- 12 cup raspberries

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

Blazing Beets (Juicing Bible 2nd Edition)

Serving size: 2 juices

Ingredients:

- 3 beets, tops intact
- 1 ½ -inch (1 cm) piece gingerroot
- 1 fresh chile pepper
- 2 apples
- 1 clove garlic
- 2 stalks celery

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

Blue Water (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 cup blueberries

1 2 -inch (5 cm) slice watermelon

¼ cup whole cranberries

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

Brocco-Artichoke (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 spear broccoli

2 Jerusalem artichoke roots

3 sprigs fresh parsley (avoid if pregnant or kidney inflammation)

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

Brocco-Carrot (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 spear broccoli

2 carrots

1 apple

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