

## Eye-Opener (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 cups hulled fresh or frozen strawberries
- 2 carrots
- 1 orange

Combine all in a juicer, Whisk and pour into glass

## Flaming Antibiotic (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 carrots
- 1 clove garlic
- 1 handful fresh thyme
- 1 chile pepper
- ½ cucumber
- 1 apple

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

## Gallstone Solvent (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- 3 tomatoes
- 2 carrots
- 2 stalks celery
- 1 handful watercress
- 4 radishes
- 2 sprigs fresh parsley (avoid if pregnant or kidney inflammation)
- ½ lemon

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

## Gingered Broccoli (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- 2 spears broccoli
- 1 clove garlic
- 1/8 head cabbage
- 1 ½-inch (1 cm) piece gingerroot

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

## Gooseberry Berry (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 1 cup gooseberries
- 1 cup blackberries
- 1 cup raspberries
- 1 apple

Combine all in a juicer, Whisk and pour into glass

## Gout Buster Juice (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- 4 stalks celery
- 3 sprigs fresh parsley (avoid if pregnant or kidney inflammation)
- 1 carrot
- 1 clove garlic
- 1 handful kale
- 1 ½-inch (1 cm) piece gingerroot

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

## Grapefruit (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 1 orange
- 2 grapefruits
- 1 lemon
- Liquid honey, optional

Combine all in a juicer except for honey. Whisk together with honey to taste, if using, and pour into glass

If using pulp for Grapefruit Frappe grate zest from orange and set aside to add to pulp. Remove white pith when peeling orange and remove the seeds.

## Grape Power (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 cups green grapes
- 1 green bell pepper, trimmed
- 3 sprigs fresh parsley (avoid during pregnancy and in cases of kidney inflammation).
- 1 sprig fresh rosemary

Combine all in a juicer, Whisk and pour into glass

## Green Beet (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- ½ cup kelp or other sea herb
- 1 cup hot water
- 1 beet, top intact
- 1 cup fresh spinach leaves
- 1 apple

A) In a medium bowl, pour water over kel. Soak for 15 to 20 minutes (until kelp soft). Drain soaking water, reserve for another use.

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

## Green Goddess (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

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

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

## Green Magic (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 stalks celery
- 1 wedge cabbage
- 1 handful fresh spinach leaves
- ¼ cup cubed pumpkin
- 1 tsp powdered ginkgo, optional

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