

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

Serving size: 1 juice

### Ingredients:

- 2 star fruits
- 2 apples
- 1 ½-inch (1 cm) piece gingerroot
- 1/2 lemon

Combine all in a juicer, Whisk and pour into glass

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

Serving size: 1 juice

### Ingredients:

- 4 apples
- 1 ½-inch (1 cm) piece gingerroot
- ½ lemon
- ½ tsp crushed lavender buds

Combine all ingredients except lavender buds in a juicer.  
Whisk in lavender and pour into glass.

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

Serving size: 1 juice

### Ingredients:

- 2 stalks celery
- 2 carrots
- 1 clove garlic
- 1 apple
- 1 ½-inch (1 cm) piece gingerroot
- ½ lemon

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

# Immunity Builder (Men's Fitness)

Serving size: 1 juice

## Ingredients:

- 1 golden beetroot
- 3 large carrots
- 4 stalks celery
- ½ cucumber
- ½ thumb of ginger
- 1 medium pear

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

**Nutrition:** 161 Calories; 5g Protein; 50g Carbs; 1g Fat; 2g Fiber.