

# Heartburn

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

Serving size: 2 juices

### Ingredients:

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

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

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

Serving size: 1 juice

### Ingredients:

- 4 carrots
- 2 stalks celery
- 1 apple
- 4 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)

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

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

Serving size: 2 to 3 juices

### Ingredients:

- ¼ head cabbage, cut to fit tube
- 2 carrots
- 2 stalks celery
- 1 clove garlic
- 3 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)
- 2 parsnips
- 2 sprigs fresh dill
- 1 beet
- 1 apple
- ½ tsp fennel seeds, optional

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