

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.

Up Beet

Serving size: 1 juice

Ingredients:

- 2 apples
- 1 beet root
- 6 medium carrots
- 1 stalk, medium celery (7-1/2 – 8")
- ½ cucumber
- ½ lemon
- 1 large orange
- 1.5 cup strawberries

Combine all but the into a juicer. Whisk and poor 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.

Carrot Fennel Orange (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

4 oranges
3 carrots
1 lemon
¼ fresh fennel bulb

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

Carrot, Golden Beet and Orange

Serving size: 1 juice

Ingredients:

4 carrots
2 golden beets
3 cara cara navels
½ inch of fresh ginger

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

Digestive Cocktail Juice (Juicing Bible 2nd Edition)

Serving size: 2 or 3 juices

Ingredients:

- 2 tomatoes
- 2 carrots
- ½ fresh fennel bulb
- 1 clove of garlic
- 4 fresh basil leaves
- 4 sprigs fresh dill
- 2 sprigs fresh thyme
- 2 stalks celery
- 1 beet
- ½ tsp ground turmeric
- ¼ tsp powdered mustard
- ¼ tsp ground cumin
- Pinch ground cloves (optional)

Combine tomatoes, carrots, fennel, garlic, basil, dill, thyme, celery and beet all in a juicer. Whisk in turmeric, mustard, cumin and cloves and pour into glass.

Digestive (Gripe) Water (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 tsp fennel seeds
- 3 fresh stevia leaves or 1 tsp dried, optional
- 1¼ cups boiling water

1. With a mortar and pestle, crush fennel and stevia if using. Transfer to a non-reactive teapot.
2. Pour boiling water over crushed herbs, Cover and steep for 20 minutes. Strain, discarding solids.

Adults: Sip 1 serving, warm or cold, after eating.

Babies: Drain out ALL Solids. Dilute ¼ cup (50mL) gripe water with ½ cup (125 mL) warm water or chamomile tea. Fill the baby's bottle with the warm mixture for drinking.

Eye Opener

Serving size: 1 juice

Ingredients:

- 2 medium apples
- 14 medium carrots
- 2 small peeled oranges

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

Peach Medley

Serving size: 1 juice

Ingredients:

- 2 large apples
- 10 medium carrots
- ½ peeled lemon
- 1 large orange
- 2 large peaches

Combine all in a juicer. Whisk and pour into glass

Lemon Essence

Serving size: 1 juice

Ingredients:

- 1 medium apples
- 8 medium carrots
- 1 1 inch diameter Ginger Root
- 1 lemon

Combine all in juicer. Whisk and pout into glass.

Leafy Greens (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 8 fresh spinach leaves
- 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.

Pineapple Citrus (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1/2 pineapple cut into spears
- 2 oranges
- 1 lime

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

Raspberry Juice (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup raspberries
- 1 apple
- 2 oranges

Combine all in a juicer, Whisk 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 o 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