

Kelp (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

6 kale leaves
1/4 fresh fennel bulb
2 carrots
1 tsp crumbled dried kelp
Pinch ground nutmeg

Combine all in a juicer except kelp and nutmeg and process, whisk in kelp and nutmeg and pour 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 1/2-inch (1 cm) piece gingerroot
1/2 lemon

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

Lemon Aid (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

2 lemons
1 2-inch (5 cm) slice watermelon
1/2 cucumber
1 tsp liquid honey, optional

Combine all ingredients except honey in a juicer, Whisk and pour into glass.
If desired, whisk in honey

Lemon Lime (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 orange
- 1 lime
- 1 lemon

1 tsp powdered licorice (do not use licorice if you have high blood pressure).

Combine all ingredients except licorice in a juicer, Whisk and pour into glass. If desired, whisk in licorice.

Liquid Lunch (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 stalk celery
- 1 carrot
- 1/2 cucumber
- 1 sprig fresh dill
- 1 apple
- 1 tbsp protein powder

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

Liquid Salsa (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 2 tomatoes
- 1 fresh jalapeno pepper
- 1/4 onion
- 6 sprigs fresh cilantro
- 1/2 lime
- 1/2 lemon

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