

Mint Julep (Juicing Bible 2nd Edition)

Serving size: 2 or 3 juices

Ingredients:

4 oranges
3 cups red grapes
¼cup fresh mint leaves
6 sprigs fresh lemon balm
1 lemon

Combine all in a juicer, Whisk and pour into glasses

If planning to use pulp in a frozen drink, remove and discard as many her pieces as possible.

Moist and Juicy (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 leek
2 kale leaves
2 carrots
6 apples
1 tsp powdered ginkgo

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

Nip of Goodness (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 turnip
3 parsnips
1 apple
1/4 fresh fennel bulb

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

Orange Crush (Juicing Bible 2nd Edition)

Serving size: 1 or 2 juices

Ingredients:

3 oranges
1 carrot
½ cup whole cranberries
1 tsp ground cinnamon

Combine all ingredients except cinnamon in a juicer, Whisk in cinnamon and pour into glasses

Orange Pom (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 pomegranate, seeds only
2 oranges
1 apple
1 carrot

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

Orange Star (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 star fruits
2 oranges
¼ canteloupe cut in two
½ lemon

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

Orange Zinger (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

1 orange
3 carrots
1 ½ -inch (1 cm) piece gingerroot
1 apple

Combine all in a juicer, Whisk and pour into glass