

# Paula Abdul's Blueberry Surprise

Serving size: 1 juice

## Ingredients:

½ small daikon radish  
½ cup blueberries  
1 cup kale  
1 cup spinach  
2 green apples

Combine all in a juicer or blender and process until smooth

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

Serving size: 1 juice

## Ingredients:

2 pears  
¼ fresh fennel bulb  
2 apples  
½ tsp powdered licorice (omit if you have high blood pressure)

Combine all except licorice in a juicer, Whisk licorice (if using) and pour into glass

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

Serving size: 1 juice

## Ingredients:

2 pears  
2 spears pineapple  
1 cup red or green grapes  
1 lemon

Combine all in a juicer, Whisk and pour into glass

## Peas and Carrots (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

1 cup fresh or frozen peas  
2 carrots  
1 parsnip  
¼ onion  
¼ fresh fennel bulb

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

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

Serving size: 1 juice

### Ingredients:

1 cup fresh or frozen peas  
6 sprigs fresh parsley (see cauto carrots)  
1 parsnip  
¼ onion  
¼ fresh fennel bulb

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

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

Serving size: 1 juice

### Ingredients:

1 red bell pepper, trimmed  
1 green bell pepper, trimmed  
½ cucumber  
1 carrot

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

## Pineapple Citrus (Juicing Bible 2<sup>nd</sup> 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.

## Pine-Berry (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

2 spears pineapple  
1 cup blueberries  
1 cup pitted cherries  
1/2 cup black currants

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

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

Serving size: 1 juice

### Ingredients:

2 pomegranates, seeds only  
1 cup pitted cherries  
1 black plum, pitted  
1 Red Delicious apple

Combine all in a juicer, Whisk and pour into glass

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

Serving size: 1 juice

### Ingredients:

1 cup      raspberries  
1            apple  
2            oranges

Combine all in a juicer, Whisk and pour into glass

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

Serving size: 1 juice

### Ingredients:

2            black plums, pitted  
1            pomegranate, seeds only  
1            orange  
1 cup      raspberries

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

## Red Tomato

Serving size: 1 juice

### Ingredients:

4            tomatos  
4            radishes  
½          red pepper trimmed  
1            beet  
¼          onion  
Pinch      cayenne pepper

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

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

Serving size: 1 juice

### Ingredients:

- 2 stalks fresh rhubarb, trimmed
- 1 cup hulled fresh strawberries
- 1 orange
- 1 ½ -inch (1 cm) piece gingerroot

Combine all in a juicer, Whisk and pour into glass

## Roo-Berry Pie

Serving size: 1 juice

### Ingredients:

- 2 stalks fresh rhubarb, trimmed
- 1 cup raspberries
- 1 cup hulled fresh strawberries
- 1 cup blueberries
- 1 cup natural yogurt

Combine all in a juicer except yogurt, Whisk yogurt in and pour into glass

## Root Combo

Serving size: 1 juice

### Ingredients:

- 1 parsnip
- 2 carrots
- 1 beet
- 1 apple

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