

# Ultimate Green Juice

Serving size: 1 juice

## Ingredients:

- 1 bunch celery
- 4-5 kale leaves
- 1 green apple
- 1 lime
- 1 lemon
- 1 inch fresh ginger
- 1 big handful of flat leaf parsley leaves

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

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

Serving size: 1 juice

## Ingredients:

- 3 handfuls fresh watercress
- 2 stalks celery
- 2 sprigs fresh basil
- 1 parsnip
- ½ green bell pepper, trimmed

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

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

Serving size: 1 juice

## Ingredients:

- 1 2-inch (5 cm) slice watermelon, cut to fit into tube
- ½ cup hulled fresh strawberries
- ¼ fresh fennel bulb
- 1 lemon

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

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

Serving size: 1 juice

### Ingredients:

- 1 2-inch (5 cm) slice watermelon, cut to fit into tube
- 1 cup hulled fresh strawberries
- ½ cup raspberries
- 1/8 tsp cinnamon

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

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

Serving size: 1 juice

### Ingredients:

- 1 tomato
- 1 ½-inch (1 cm) piece gingerroot
- 4 sprigs fresh parsley (should be avoided during pregnancy and kidney inflammation)
- ½ lemon

Combine all in a juicer and process, whisk and po

## 3PO (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 1/3 pineapple, cut into spears
- 1 red bell pepper, trimmed
- 2 black plums, pitted
- 1 orange

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