

Cardiovascular Juicing Recipes

Berry Best (Juicing Bible 2nd Edition)

Serving size: 1 juice

Ingredients:

- 1 cup blueberries
- 1 cup pitted cherries
- ½ cup grapes

Dr. Schulze's Blood Building Juice

Serving size: 16 oz juice

Ingredients:

- 15 leaf beet greens
- 1 Beet Root (3 inch diameter)
- 7 Carrots (medium)
- 2 leaf Kale

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

My Heart Beets Juice (My Hearts Beets)

Serving size: 1 juice

Ingredients:

- 2 large handfuls of spinach
- 2 stalks celery
- 1 lemon, peeled.
- 1-inch knob ginger, peeled
- 1 large carrot (or 2 small)
- 1 large beet (or 2 small) and beet greens, peeled
- ½ cucumber
- 1 green apple, optional

Combine all in a juicer and pour into glass.

Star Berry

Serving size: 1 juice

Ingredients:

- 2 star fruits
- 1 cup blackberries
- ½ cup blueberries
- ½ raspberries

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

Immunity Builder (Men's Fitness)

Serving size: 1 juice

Ingredients:

- 1 golden beetroot
- 3 large carrots
- 4 stalks celery
- ½ cucumber
- ½ thumb of ginger
- 1 medium pear

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

Nutrition: 161 Calories; 5g Protein; 50g Carbs; 1g Fat; 2g Fiber.

Dr. Schulze's Blood Building Juice

Serving size: 16 oz juice

Ingredients:

- 15 leaf beet greens
- 1 Beet Root (3 inch diameter)
- 7 Carrots (medium)
- 2 leaf Kale

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