

# Endocrine Juicing Recipes

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

Serving size: 1 juice

### Ingredients:

- 2 apples
- 1 pear
- 3 beets, tops intact
- ½ lemon
- 1 ½-inch (cm) piece gingerroot

Process ingredients with a juicer. Whisk and Pour.

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

Serving size: 1 juice

### Ingredients:

- 3 apples
- 1 cup red grapes
- ½ lemon
- ½ tsp powdered ginseng

Combine all but the powdered ginseng in a juicer. Whisk the ginseng in.

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

Serving size: 2 juices

### Ingredients:

- 2 beets, tops intact
- 2 carrots
- 2 apples

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

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

Serving size: 1 juice

### Ingredients:

- 3 carrots
- 2 fresh apricots pitted
- ¼ cantaloupe

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

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

Serving size: 2 juice

### Ingredients:

- 1/2 cup kelp or other sea herb
- 1 cup hot water

- 2 spears broccoli
- 2 kale leaves
- 2 stalks celery
- ½ green bell pepper
- 4 spring fresh parsley (avoid if pregnant)
- 1 apple

1. In a medium bowl pour water over kelp soak kelp for 15 to 20 minutes or until reconstituted. Drain soaking water and reserve for another use.
2. Using a Juicer process kelp broccoli, kale, celery, green pepper, parsley, and apple whisk and pour into glasses.

## Brocco-Artichoke (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 1 spear broccoli
- 2 Jerusalem artichoke roots
- 3 sprigs fresh parsley (avoid if pregnant or kidney issues)

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

## Brocco-Carrot (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 1 spear broccoli
- 2 carrots
- 1 apple

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

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

Serving size: 1 juice

### Ingredients:

- 1/4 cabbage
- 1 beet
- 2 stalks celery
- 2 carrots
- 1 clove garlic
- 3 sprigs fresh parsley
- 2 parsnips
- 2 sprigs fresh dill
- 1 apple

1/2 tsp. fennel seed (optional)

Combine all in a juicer except fennel seed and process, whisk in fennel seeds if using and pour into glass.

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

Serving size: 1 juice

### Ingredients:

- 1/2 head cauliflower, cut to fit tube
- 1 spear broccoli
- 3 tomatoes
- 2 carrots
- 2 stalks celery
- 1 apple
- 1 tsp. crumbled kelp

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

## C-Green (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 or 2 juice

### Ingredients:

- 3 sprigs fresh parsley (avoid during pregnancy and kidney inflammation)
- 1 handful fresh spinach leaves
- 1 handful watercress
- 1 apple

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

## Eye-Opener (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 cups organic hulled fresh or frozen strawberries, blackberries or blueberries
- 2 carrots
- 1 orange

Combine all in a juicer, Whisk and pour into glass

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

Serving size: 1 juice

### Ingredients:

- 2 cups green grapes
- 1 green bell pepper, trimmed
- 3 sprigs fresh parsley (avoid during pregnancy and in cases of kidney inflammation).
- 1 sprig fresh rosemary

Combine all in a juicer, Whisk and pour into glass

## Hormone Harmony

Serving size: 1 juice

### Ingredients:

½ beet  
1 green apple  
½ lemon

Combine all in a juicer, Whisk and pour into glass

## Hormone Helper

Serving size: 1 juice

### Ingredients:

1 cucumber  
1 green apple  
1 cup spinach  
1 celery stalk  
½ lemon  
1 inch ginger

Combine all in a juicer, Whisk and pour into glass

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

Serving size: 1 juice

### Ingredients:

8 fresh spinach leaves  
2 carrots  
1 clove garlic  
1 apple  
1 ½-inch (1 cm) piece gingerroot  
½ lemon

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

## Mineral Antioxidant Booster

Serving size: 2 juices

### Ingredients:

- 1 cup broccoli
- 1 cup kale
- 1 cup spinach
- 1 cucumber
- 1 cup pomegranate
- ½ lemon

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

## 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

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

Serving size: 1 juice

### Ingredients:

- 3 tomatoes
- 1 handful watercress
- 1 green bell pepper, trimmed
- 1 clove garlic
- 3 springs fresh parsley (avoid during pregnancy)
- 2 carrots
- ¼ fresh fennel bulb
- ½ tsp cayenne pepper

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

## Popeye's Power (Juicing Bible 2<sup>nd</sup> Edition)

Serving size: 1 juice

### Ingredients:

- 2 kale leaves
- 6 spinach leaves
- 1 beet, top intact
- 1 fresh dandelion root
- 2 tsp blackstrap molasses (10ml)

Combine all in a juicer except molasses. Whisk together with molasses and pour into glass.

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

Serving size: 1 juice

### Ingredients:

- 10 spears asparagus
- 2 beets, tops intact
- 6 fresh spinach leaves
- 1 handful watercress or dandelion leaves
- 1 apple
- 2 tbsp maple sap, optional

Combine all except maple sap in a juicer and process, whisk in maple sap, if using, and pour into glass.

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

Serving size: 1 juice

### Ingredients:

- 1 cup hulled fresh strawberries
- 1 cup red grapes
- 1 orange

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