

## Cleansing Juice Day

Indian (Choose Any 3):

On Rising	BBC Juice
At 8.30	Superfood Shot
At 9.30	Green and Gold Juice
At 1.00	Colourful Coconut Juice
At 3.00	Carrot with Kick
At 5.00	Refreshing Watermelon
At 7.00	Green Juice

### Recipes

**BBC Juice:**

Ingredients and Method	Bilipatra (9 leaves) + Basil (9 leaves) + Curry Patta (9 leaves) (Grind all in mixer, add few drops of lime, do not strain)
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**Superfood Shot:**

Ingredients	1 tbsp superfood powder <b>OR</b> maca <b>OR</b> spirulina <b>OR</b> wheatgrass powder + ¼ cup pineapple
Method	1. Juice pineapple 2. Add the powder. 3. Stir. Enjoy!

**Colorful Coconut Juice:**

Ingredients	1 cucumber 1 medium carrot 1 apricot 1 celery stalks 1-inch piece of ginger 1 glass (250 ml) unflavoured coconut water
Directions	Wash all ingredients well. Add produce through juicer. Combine juice with coconut water and enjoy!

## Gold Juice:

<b>Ingredients</b>	<b>Gold Juice:</b> ½ pineapple OR pear 1 yellow pepper (capsicum) OR green capsicum Few drops lime 1" piece ginger <b>Green Juice:</b> 1 kale leaves OR ½ cup spinach 2kiwi 1/4 green melon OR 1 green apple 1 large cucumber 10-15 parsley sprigs 1 medium celery stalk
<b>Directions</b>	1. Wash all produce well. 2. Peel the beet. 3. Juice spinach and arugula first then add berries, cucumber and lastly beet. 4. Add chia seeds. Enjoy!

## Carrot with a Kick:

<b>Ingredients</b>	2 carrots 1 orange/ tangerine / grapefruit 1-inch ginger 1 to 2 fresh chile peppers* OR pinch cayenne pepper powder *Try jalapeno, serrano, habanero, thai, etc.
<b>Directions</b>	Peel, chop to fit juicer, if necessary. Juice ingredients. If using, add cayenne powder at the end and stir.

## Refreshing Watermelon:

<b>Ingredients</b>	¾ cup cut watermelon ½ cup pomegranate 1-inch ginger ½ lime peeled 3-4 sprigs mint 1 tbsp flax seeds
<b>Directions</b>	Wash and prepare ingredients. Add ingredients through juicer. Pour the juice into your favourite glass. Add flax seeds Enjoy!

**Green Juice:**

<b>Ingredients</b>	$\frac{1}{2}$ Green Apple 1 Zucchini OR Cucumber 1 Kale Palm size dudhi 1 Amla 1-inch piece of ginger Pinch black pepper powder
<b>Directions</b>	<ol style="list-style-type: none"><li>1. Wash all produce well.</li><li>2. Add all ingredients through the juicer and enjoy!</li><li>3. Zesty green juice (9:00) Handful of parsley <math>\frac{1}{2}</math> cup mint <math>\frac{1}{2}</math> lime juice 1-inch ginger 1 cup coriander Method Blend all ingredients. Add water accordingly.</li><li>4. Serve</li></ol>