

# 100 JUICE RECIPES





We hope you enjoy making these delicious healthy recipes in your Optimum Cold Press Juicer

*Love from the Froothie Team*

## *Welcome to the Froothie Family!*

Got a question? Need some help? Submit a ticket at:  
<http://athenasolutions.zendesk.com/hc/en-us/requests/new>

Alternatively, Whatsapp us at: +61 3 8609 2210 or call: 1300 309 900

Don't forget to head to our Youtube, Facebook and Instagram pages for more delicious content!

We'd love to see your delicious creations (and beautiful families) so don't forget to tag #Froothie or mention @Froothie on Instagram, Facebook or Youtube for a chance to win an array of prizes.

We're always watching and we can't wait to connect with you! ❤



## 01. BEET NIK



1 medium apple  
1 beetroot  
8 medium carrots  
2 large stalks celery  
3 cups spinach

Process all ingredients in your Optimum Juicer, shake or stir and serve.  
[juicerecipes.com/recipes/beet-nik-79](http://juicerecipes.com/recipes/beet-nik-79)

## 02. CREAMSICLE



2 medium apples  
2 large stalks celery  
2 medium pears  
1 sweet potato, 5" long

Process all ingredients in your Optimum Juicer, shake or stir and serve.  
[juicerecipes.com/recipes/creamsicle-86](http://juicerecipes.com/recipes/creamsicle-86)

## 03. FRESH BEET CARROT APPLE & GINGER JUICE



2 small beetroots or 1 large beetroot  
5-6 carrots  
2 small apples  
1" piece of fresh ginger  
Optional - 1/2 lemon, skin off

Turn on the Optimum Juicer. Add ingredients, one at a time. Pour the fresh juice into a glass and enjoy!  
[withstyleandgraceblog.com/2012/01/30/market-monday-fresh-organic-carrot-apple-beet-ginger-juice-recipe/](http://withstyleandgraceblog.com/2012/01/30/market-monday-fresh-organic-carrot-apple-beet-ginger-juice-recipe/)

## 04. GREEN GOODNESS JUICE



2 celery stalks  
1/2 cucumber  
3-5 big pieces kale  
Handful parsley  
Fennel bulb or stalk, to taste  
Handful spinach leaves  
1/4 cup spring water

Process vegetables through your Optimum juicer and run 1/4 cup spring water at the end to extract rest of the juicing liquid. Pour into a glass. Serves one.

[superfoods-for-superhealth.com/juicing-recipes.html](http://superfoods-for-superhealth.com/juicing-recipes.html)

## 05. SPICED APPLE JUICE



- 8 cups apple juice
- 2 x 7cm cinnamon sticks, lightly crushed
- 6 whole cloves
- 4 strips orange peel
- 4 strips lemon peel
- 2 granny smith apples, peeled, cored, thinly sliced

Juice apples until you have 8 cups of juice. Pour the fresh juice into a glass and enjoy!  
[taste.com.au/recipes/1822/spiced+apple+juice](http://taste.com.au/recipes/1822/spiced+apple+juice)

## 07. GREEN JUICE BLAST RECIPE



- 1 bunch rocket
- 1 bunch coriander
- 1 bunch parsley
- 1 cucumber
- 1-3" ginger root
- 3 habaneros or other red chillis
- 2 apples
- 1 lemon, skin off

Process all fruits and vegetables through your Optimum Juicer.  
TIP: This is a great juice blend for any kind of congestion or mucus condition and is a great immune system boosting juice if you like you are getting sick. It's a spicy one that "blasts" through the senses, so beware if you are sensitive to hot foods.

[superfoods-for-superhealth.com/juicing-recipes.html](http://superfoods-for-superhealth.com/juicing-recipes.html)

## 06. APPLE & STRAWBERRY JUICE



- 1 large red apple
- 250g (1 punnet) strawberries
- Ice cubes

Process the fruit in a Optimum Juicer. Pour the juice over ice cubes in serving glasses. Serve immediately.

[taste.com.au/recipes/12807/apple+and+strawberry+juice](http://taste.com.au/recipes/12807/apple+and+strawberry+juice)

## 08. ECHINACEA & VEGETABLE JUICE



- 1 echinacea tea bag
- 1/3 cup boiling water
- 2 large carrots
- 1 red capsicum
- 1 lime, peeled
- Ice cubes (optional), to serve

Place the tea bag in a small heatproof bowl and pour over boiling water. Set aside for 10 minutes to infuse.

Meanwhile, use an Optimum Juicer to process the carrot, capsicum and lime. Transfer to a small jug. Squeeze all the liquid from the tea bag. Pour the tea into the jug. Add the ice cubes and stir to combine. Pour among glasses to serve.

[taste.com.au/recipes/2640/echinacea+and+vegetable+juice](http://taste.com.au/recipes/2640/echinacea+and+vegetable+juice)

## 09. SKIN CLEANSING JUICE



- 2 carrots
- 1 small red capsicum
- 1 small apple
- Ice cubes, to serve

Use your Optimum Juicer to process the carrot, capsicum and apple, one at a time, into a jug. Pour into a serving glass and stir until well combined. Add the ice and serve immediately.

[taste.com.au/recipes/2414/skin](http://taste.com.au/recipes/2414/skin)

Use your Optimum Juicer to process the carrot, celery, beetroot, parsley and ginger into a jug. Pour among glasses. Serve with ice, if desired.

[taste.com.au/recipes/2574/detox+support+juice](http://taste.com.au/recipes/2574/detox+support+juice)

## 11. APPLE, PEAR & SPINACH JUICE



- 3 large packham pears
- 3 large granny smith apples
- 100g baby spinach
- 5 fresh mint sprigs
- Ice cubes and mint sprigs, to serve

Process everything through your Optimum Juicer. Stir to combine.

Divide ice cubes between chilled glasses. Top with juice mix. Serve with mint.

[taste.com.au/recipes/24968/apple+pear+and+spinach+juice](http://taste.com.au/recipes/24968/apple+pear+and+spinach+juice)

## 10. DETOX SUPPORT JUICE



- 4 large carrots
- 4 celery sticks
- 1/2 beetroot
- 6 sprigs fresh continental parsley
- 2" piece fresh ginger
- Ice cubes, to serve

## 12. APPLE, BROCCOLI & LEMON JUICE



- 4 large granny smith apples
- 1 cup (85g) broccoli florets
- 1 lemon, skin off

Place a jug under Optimum Juicer nozzle. Juice apple, broccoli and lemon, stir to combine. Pour into chilled glasses. Serve.

[taste.com.au/recipes/25760/apple+broccoli+and+lemon+juice](http://taste.com.au/recipes/25760/apple+broccoli+and+lemon+juice)

## 13. ORANGE, VANILLA, & STRAWBERRY JUICE



5 oranges, peeled  
250g punnet strawberries  
1/2 lemon, skin off  
1 tsp pure vanilla extract

Pass the oranges, lemon and strawberries through your Optimum. Stir through the lemon juice and vanilla. Serve!

[taste.com.au/recipes/30833/orange+vanilla+and+strawberry+juice](http://taste.com.au/recipes/30833/orange+vanilla+and+strawberry+juice)

## 15. APPLE, SPINACH & MINT JUICE



5 green apples  
4 celery stalks  
100g baby spinach leaves  
2 cups mint leaves  
1 lime, peeled

Pass all ingredients through an Optimum Juicer, then transfer to a glass and serve.

[taste.com.au/recipes/30835/apple+spinach+and+mint+juice](http://taste.com.au/recipes/30835/apple+spinach+and+mint+juice)

## 14. PINEAPPLE, ROCKMELON & PAWPAW JUICE



1 pineapple  
1 rockmelon  
1 pawpaw

Use an Optimum Juicer to process the pineapple, rockmelon and pawpaw. Transfer to a large glass. Serve immediately.

[taste.com.au/recipes/12882/pineapple+rockmelon+pawpaw+juice](http://taste.com.au/recipes/12882/pineapple+rockmelon+pawpaw+juice)

## 16. GREEN LEMONADE



1 cucumber  
2 medium apples  
1 bunch kale  
2 large handfuls of spinach  
1 lemon

Run all ingredients through your Optimum Juicer and enjoy!

[figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjID8Df.dpuf](http://figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjID8Df.dpuf)

## 17. CELERY, APPLE & GINGER JUICE



6 sticks celery  
6 granny smith apples  
5cm piece fresh ginger

Use your Optimum Juicer to process the celery, apples and ginger. Transfer to a large glass. Serve immediately.

[taste.com.au/recipes/12877/celery+apple+and+ginger+juice](http://taste.com.au/recipes/12877/celery+apple+and+ginger+juice)

## 18. HEART BEET



1 beetroot  
2 apples  
1 pear  
Knob of ginger  
1/2 lemon, skin off

Place all ingredients in your Optimum Juicer and drink immediately.

[figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjlD8Df.dpuf](http://figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjlD8Df.dpuf)

## 19. CARROT, BEETROOT, APPLE & CELERY JUICE



2 carrots  
1 small beetroot  
2 apples  
1 celery stick  
2 oranges, peeled  
1cm slice of ginger

Chill ingredients. Feed the vegetables and fruit through your Optimum Juicer. Pour juice over crushed ice and serve immediately.

[taste.com.au/recipes/16453/carrot+beetroot+apple+and+celery+juice](http://taste.com.au/recipes/16453/carrot+beetroot+apple+and+celery+juice)

## 20. CARROTS & LEMON



4-5 carrots  
1 lemon, peeled

Place in your Optimum Juicer and drink immediately.

[figgyandsprout.com/my-three-day-juice-cleanse](http://figgyandsprout.com/my-three-day-juice-cleanse)

## 21. RISE & SHINE JUICE



150g baby spinach leaves  
2 apples  
2 medium carrots  
2 celery sticks  
1/2 large lemon  
2" piece ginger  
Ice

Pass the spinach, apples, carrots, celery, lemon juice and ginger through your Optimum Juicer. Pour the juice into 2 ice-filled glass and serve.

[foodnetwork.com/recipes/giada-de-laurentiis/rise-and-shine-juice-recipe/index.html?oc=linkback](http://foodnetwork.com/recipes/giada-de-laurentiis/rise-and-shine-juice-recipe/index.html?oc=linkback)

## 23. CUCUMBER FENNEL



Fennel, to taste  
1 lemon, peeled  
1 stalk celery  
3-4 stems bok choy

Run all ingredients through your Optimum Juicer and enjoy!

[figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjlD8Df.dpuf](http://figgyandsprout.com/my-three-day-juice-cleanse/#sthash.LjjlD8Df.dpuf)

## 22. CARROT, BEETROOT & GINGER JUICE



5 large carrots  
160g beetroot  
3cm piece fresh ginger

Place a jug under Optimum Juicer. Juice carrot, beetroot and ginger. Pour into chilled glasses. Serve.

[taste.com.au/recipes/25759/carrot+beetroot+and+ginger+juice](http://taste.com.au/recipes/25759/carrot+beetroot+and+ginger+juice)

## 24. EVERYDAY ENERGIZER



4 carrots  
4 stalks celery  
Small handful of parsley  
1 small zucchini  
1/2 small beetroot  
1/2" ginger  
1/4 lemon, peeled

Run all ingredients through your Optimum Juicer and enjoy!

[thegreciangarden.com/2011/03/24/spring-cleanse-juice-fasting-recipes](http://thegreciangarden.com/2011/03/24/spring-cleanse-juice-fasting-recipes)

## 25. KID'S VEGGIE SPECIAL



- 1 small beetroot
- 2 golden delicious apples
- 1/4 small pineapple, skin off
- 1 stick celery
- 1 small handful of spinach
- 1" slice of cucumber

Couldn't be simpler; juice all your ingredients in your Optimum Juicer and pour over ice. The apple and pineapple gives the juice a sweet fruity taste kids will enjoy, while the beetroot adds a really appealing rich red colour.

[faithful-to-nature.co.za/natural-organic-blog/2412/organic-food-recipes/raw-juice-recipe-kids](http://faithful-to-nature.co.za/natural-organic-blog/2412/organic-food-recipes/raw-juice-recipe-kids)

## 26. GRAPEFRUIT VEGGIE LIME JUICE



- 1 pink grapefruit
- 2 celery stalks
- 1 red capsicum
- 1/2 lime, skin removed

Run all ingredients through your Optimum Juicer and enjoy! Serve on ice!

[sugarfreemom.com/recipes/grapefruit-veggie-lime-juice-no-sugar-added](http://sugarfreemom.com/recipes/grapefruit-veggie-lime-juice-no-sugar-added)

## 27. MINT, APPLE, & PEAR JUICE



- 4 red apples
- 4 pears
- 1 cucumber
- 1 cup of fresh mint leaves

Simply place all of the ingredients into your Optimum Juicer and watch the deliciousness pour out.

[realisticallyrawyou.com](http://realisticallyrawyou.com)

## 28. CARROT, APPLE, STRAWBERRY & GINGER JUICE



- 3 medium to large carrots
- 2 red apples (they're sweeter than green)
- 1 cup of strawberries
- Knob of ginger

Simply put all the ingredients into the Optimum Juicer and you're good to go!

<http://realisticallyrawyou.com>

# 29. KILLER CABBAGE JUICE



1 large english cucumber  
1/2 medium red cabbage  
1-2 d'anjou pears  
2 meyer lemons  
1“ piece of ginger

Run all ingredients through your Optimum Juicer and enjoy!

[soletshangout.com/killer-cabbage-juice](http://soletshangout.com/killer-cabbage-juice)

# 30. KIWI, APPLE & MINT JUICE



4 large kiwi fruit  
1 apple  
20g fresh mint sprigs

Run all ingredients through your Optimum Juicer. Chill. Serve in short glasses, and pop in an ice cube, if you like.

[channel4.com/4food/recipes/drinks/juices/kiwi-apple-and-mint-juice-recipe](http://channel4.com/4food/recipes/drinks/juices/kiwi-apple-and-mint-juice-recipe)

# 31. FROTHY RED FRUIT SHAKE

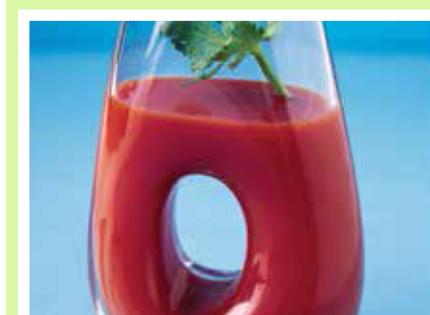


125g red currants, stalks removed, plus extra for decoration  
200g strawberries, hulled  
250g dairy-free yoghurt  
300ml dairy-free milk  
Juice of 1/2 lemon, to taste  
2 tbsp clear honey, to taste

Put the fruit, yoghurt and a little of the milk into your Optimum Juicer. Pour into 4 chilled glasses. Blend the remaining milk with lemon juice, to taste, and honey, to sweeten, and top up each glass. Stir, and decorate with red currants.

[soletshangout.com/killer-cabbage-juice](http://soletshangout.com/killer-cabbage-juice)

# 32. SPICY TOMATO & CELERY JUICE



6 very ripe tomatoes  
2 large sticks celery, plus extra leafy sticks to serve (optional)  
Worcestershire sauce  
Tabasco sauce  
Celery salt

Roughly chop and juice the tomatoes and celery. Run through your Optimum Juicer. Stir in the sauces to taste. Pour into glasses filled with ice and top with a pinch of celery salt. If you like, put in a celery stick for stirring.

[channel4.com/4food/recipes/drinks/juices/spicy-tomato-and-celery-juice-recipe](http://channel4.com/4food/recipes/drinks/juices/spicy-tomato-and-celery-juice-recipe)

## 33. RAINBOW VEGGIE JUICE



1-2 red capsicums, seeded and sliced  
4 tomatoes, sliced  
3 medium carrots, peeled and sliced  
2 heads of cos lettuce  
1 bunch of celery  
large handful of parsley  
large handful of coriander  
1 english cucumber, peeled and chopped  
2 meyer lemons, peeled

Juice all of your lovely veggies. Give your juice a good stir. Put it in mason jars. Drink it as soon as possible, not waiting longer than 48 hours! Simple, simple. Enjoy!

[soletshangout.com/rainbow-veggie-juice-juice-of-the-week](http://soletshangout.com/rainbow-veggie-juice-juice-of-the-week)

## 34. VAMPIRE'S DELIGHT



2 beets  
1 cucumber  
1 lime, peeled, to taste

Put all ingredients in Optimum Juicer! Drink!

[nomeatathlete.com/30-day-juice-challenge](http://nomeatathlete.com/30-day-juice-challenge)

## 35. CARROT-ORANGE JUICE



1 medium yellow tomato, cut into wedges  
1 medium orange, peeled and quartered  
1 medium apple, cut into eighths  
4 large carrots, peeled  
Ice cubes (optional)

Working in this order, process tomato, orange, apple and carrots through an Optimum Juicer. Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.

[eatingwell.com/recipes/carrot\\_orange\\_juice](http://eatingwell.com/recipes/carrot_orange_juice)

## 36. ROCKMELON GINGER



1 rockmelon  
1-2 tbs of raw ginger

Wash rockmelon well. Slice & peel. Juice rockmelon and ginger in your Optimum Juicer. Serve or chill.

[kblog.lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html](http://kblog.lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html)

## 37. CUCUMBER MINT LEMON



1 large cucumber  
Handful of fresh mint leaves  
1/2 lemon, peeled

Juice the cucumber mint and lemon in your Optimum Juicer. Stir. Serve as is, or over coconut water ice cubes or chill for later. Garnish with fresh mint leaves and a stick of cucumber. optional: a pinch of sea salt stirred in.

[lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html](http://lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html)

## 38. SPICY JICAMA PEAR CARROT



1 cup chopped, peeled jicama  
1/2 sweet ripe pear  
2 medium carrots  
1 tsp raw ginger  
Optional: cayenne pepper on top

Peel the jicama, juice as much of it until you have about 3/4 cup of it. Juice jicama, pear, carrots, and ginger in your Optimum Juicer. Stir and serve. Add a sprinkle of cayenne if desired.

[kblog.lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html](http://kblog.lunchboxbunch.com/2010/02/diet-juices-cantaloupe-ginger-cucumber.html)

## 39. PEARBERRY JUICE RECIPE



2 ripe pears  
2 cup spinach or baby spinach  
1 cup blueberries

Simply cut up the pear and run all the fruit and veg through your Optimum Juicer.  
[amandasapron.com/2013/06/10/bluepeary-juice](http://amandasapron.com/2013/06/10/bluepeary-juice)

## 40. CARROT ORANGE WAKE UP



450g carrots  
6 valencia oranges, peeled  
1" knob fresh ginger, peeled  
4 ounces light coconut milk  
1 orange wheel, optional garnish

Rinse produce. Cut to size and juice in your Optimum Juicer Pour liquid contents into small pitcher, straining through sieve if needed to remove pulp. Add coconut milk and stir.

[mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine](http://mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine)

## 41. WATERMELON AGUA FRESCA



3 cups seedless watermelon, cut into sections  
1/2 english cucumber, cut into spears  
1/2 lime, juiced  
1 tablespoon organic sugar  
1 cup filtered water  
1 teaspoon citrus seasoning (optional)  
Handful mint, torn  
1 cucumber wheel, optional garnish

Rinse produce. Cut to size and juice in your Optimum Juicer. Pour liquid contents into pitcher, straining through sieve if needed to remove pulp. Combine with remaining ingredients. Stir and refrigerate until chilled, about 1 hour.

[mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine](http://mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine)

## 42. PINEAPPLE & CITRUS



1/2 pineapple  
3 tangerines, peeled  
1/2 lime, juiced  
1 cup filtered water

Rinse produce, cut to size and juice in your Optimum Juicer. Pour liquid contents into small pitcher, straining through sieve if needed to remove pulp. Add lime and water. Stir and serve over ice.

[mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine](http://mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine)

## 43. JICAMA PEAR JUICE



2 cups jicama, peeled and cut to size  
2 organic carrots, rinsed  
1 ripe bosc pear, rinsed  
1 lemon, peeled  
1 sprig mint, optional garnish

Rinse produce. Cut jicama in half and remove skin with paring knife. Juice in your Optimum Juicer with carrots, pear and lemon. Pour liquid contents into small pitcher, straining through sieve if needed to remove pulp.

[mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine](http://mnn.com/food/recipes/stories/5-healthy-juicing-recipes-to-refresh-your-routine)

## 44. PINEAPPLE PEPPERMINT LOVE JUICE



4 small carrots  
1 apple  
1 orange  
4-5 pineapple slices  
handful fresh mint leaves  
1/2 cucumber

Cut, slice and peel as needed. then juice it. hurry up and JUICE IT. Be prepared to have your mind blown (as well as your taste buds).

[rawfoodrecipes.com/recipes/pineapple-peppermint-love-juice.html](http://rawfoodrecipes.com/recipes/pineapple-peppermint-love-juice.html)

## 45. KALE KLEANSE JUICE



1 meyer lemon  
1/2 cup pineapple  
1 bunch kale  
1 bunch parsley  
1/2 cucumber  
2" knob of ginger  
1 1/2 qpple  
21 g mint  
2 oz. apple cider vinegar  
1/8 tsp himalayan rock salt  
1 tbs aloe juice

All organic. This is very important because we do not want to be drinking concentrated pesticide juice here. Juice all ingredients. Then add apple cider vinegar, aloe and salt. You can blend on low in your Optimum blender, or just mix with a spoon.

[rawfoodrecipes.com/recipes/goji-ginger-lemonade.html](http://rawfoodrecipes.com/recipes/goji-ginger-lemonade.html)

## 46. LIVING ON THE EARTH GREEN JUICE



2 green apples  
1 lemon, peeled  
1 " knob ginger  
1 1/2 large english cucumber  
2-3 broccoli stems  
Handful of leftover kale stems

Wash and prepare ingredients. Juice the above ingredients using your Optimum Juicer. Serve juice immediately.

[rawfoodrecipes.com/recipes/living-on-the-earth-green-juice.html](http://rawfoodrecipes.com/recipes/living-on-the-earth-green-juice.html)

## 47. LOVE POTION



1/2 pineapple  
1/2 medium beetroot  
1 carrot  
1 cup strawberries

Juice all of the ingredients in your Optimum Juicer.

[rawfoodrecipes.com/recipes/love-potion.html](http://rawfoodrecipes.com/recipes/love-potion.html)

## 48. KRISTINA'S SECRET SOUL SHINE JUICE



5-7 honeycrisp or pink lady apples  
Juice of 2-3 lemons or limes  
5-6 stalks of celery  
1 cucumber  
Half head of romaine  
1 head of kale

Place all ingredients through an Optimum Juicer and begin to watch your Soul Shine! Enjoy and give hugs!

[rawfoodrecipes.com/recipes/kristinas-secret-soulshine-juice.html](http://rawfoodrecipes.com/recipes/kristinas-secret-soulshine-juice.html)

## 49. WILD SPICED DANDELION BERRY BLISS JUICE



2 cups strawberries  
1 cup dandelion leaves or more to taste  
1 cup raspberries  
1 small chilli with seeds removed  
Optional: 10-20 drops of alcohol-free liquid stevia depending on the ripeness and sweetness of your berries

Process all ingredients through your Optimum Juicer. Sweeten with liquid stevia if needed depending on the sweetness of your fruit. Makes one glass. You could stir through some crushed ice for a healthy Summer dessert. But I like it just as it is. YUMMO!

[rawfoodrecipes.com/recipes/wild-spiced-dandelion-berry-bliss-juice.html](http://rawfoodrecipes.com/recipes/wild-spiced-dandelion-berry-bliss-juice.html)

## 50. THE LEMON GINGER BLAST



Half head of cos lettuce  
Italian parsley, to taste  
3-4 leaves of kale  
3-4 stalks of celery  
1 cucumber  
Juice of 2-3 lemons  
Bunch of coriander  
Large thumb of ginger

Place all ingredients through an Optimum Juicer. Drink and enjoy!

[rawfoodrecipes.com/recipes/the-lemon-ginger-blast1.html](http://rawfoodrecipes.com/recipes/the-lemon-ginger-blast1.html)

## 51. CARROT KOHLRABI JUICE



6 carrots, scrubbed  
2 small or 1 large kohlrabi, scrubbed and peeled

Chop everything into chunks that fit into the juicer chute. Pass all the ingredients through your Optimum Juicer, alternating ingredients. Pour juice into ice-filled glasses and serve immediately.

[gourmandeinthekitchen.com/2013/raw-vegetable-juice-recipes](http://gourmandeinthekitchen.com/2013/raw-vegetable-juice-recipes)

## 52. JOINT RELIEF JUICE



1 cup fresh pineapple, peeled, cored, cut into large chunks, and chilled  
1 cup pear, unpeeled, cut into large chunks and chilled  
2 cups (packed) spinach with stems, chilled  
1 bunch fresh flat-leaf parsley with stems, chilled  
1/2 medium carrot, peeled and chilled  
1/2 small grapefruit, peeled and chilled

In your Optimum Juicer, process pineapple, pear, spinach, parsley, carrot and grapefruit. Stir in grapefruit juice, chill if desired, and serve. Juice is best served immediately but will keep, refrigerated, in airtight container up to two days.

[epicurious.com/recipes/food/views/joint-relief-juice-242944](http://epicurious.com/recipes/food/views/joint-relief-juice-242944)

## 53. THE BEST GREEN JUICE



- 5 large leaves of kale, ribs discarded, leaves roughly chopped
- 1 lemon, zest and pith removed
- 1 large apple, roughly chopped
- A 2.5cm piece of fresh ginger
- 1 sprig of fresh mint

Push all the ingredients through your Optimum Juicer. Alternatively, you can chop all the ingredients and pop them into your optimum blender with 120ml of water, then pass the mixture through a fine-mesh strainer and drink immediately.

[theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes](http://theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes)

## 54. PEA SHOOT & SPINACH JUICE



- 60g pea shoots
- 85g of baby spinach
- 1 small handful of parsley leaves
- 4 celery stalks
- 1 large lemon, peeled and seeds removed
- 1/4 of a large tart green apple, seeds removed

Pass all the ingredients through the juicer, alternating hard and soft ingredients. Strain juice to remove foam if desired. Pour juice into ice-filled glasses and serve immediately.

[gourmandeinthekitchen.com/2013/raw-vegetable-juice-recipes](http://gourmandeinthekitchen.com/2013/raw-vegetable-juice-recipes)

## 55. CUCUMBER, BASIL & LIME JUICE



- 1 handful of basil leaves
- 1 cucumber, cut in half lengthwise
- 1/2 lime, zest and pith removed
- 1 apple, cut into wedges

Starting with the basil, juice everything into a glass. Alternatively, you can chop all the ingredients and pop them into your optimum blender with 120ml of water, then pass the mixture through a fine-mesh strainer and drink immediately.

[theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes](http://theguardian.com/lifeandstyle/2013/sep/07/gwyneth-paltrow-juice-recipes)

## 56. GREEN POWER JUICE



- 1 handful of swiss chard, kale, spinach or a combination
- 1 pear
- 1 cup strawberries
- 1/2 lemon, unpeeled
- 1 apple, cut into chunks

Juice the greens first, followed by the pear, strawberries, lemon, and apple in your Optimum Juicer.

[redtri.com/drink-your-veggies-juicing-recipes](http://redtri.com/drink-your-veggies-juicing-recipes)

## 57. ABC JUICE



2 apples  
1 beetroot  
2 carrots

Put in your Optimum Juicer! Enjoy!

[redtri.com/drink-your-veggies-juicing-recipes](http://redtri.com/drink-your-veggies-juicing-recipes)

## 59. CARROT SPINACH GINGER JUICE



4 carrots  
A handful of spinach  
Thumb-sized chuck of ginger

Makes a delicious juice!

[yourdailyvegan.com/2011/05/25/get-pumped-with-these-vegan-juice-recipes](http://yourdailyvegan.com/2011/05/25/get-pumped-with-these-vegan-juice-recipes)

## 58. RAW VEGAN APPLE CELERY CARROT BEET JUICE



3 medium apples  
1 large beetroot, peeled and cut if necessary  
8 large stalks of celery  
3 medium carrots

Prepare vegetables, peel apples and carrots if desired. Run everything through your Optimum Juicer and serve immediately.

[lowfatveganchef.com/raw-vegan-antioxidant-rich-apple-celery-carrot-beet-juice](http://lowfatveganchef.com/raw-vegan-antioxidant-rich-apple-celery-carrot-beet-juice)

## 60. CARROT PEAR ORANGE



2 carrots  
1 pear  
1 orange

Juice the carrots and pear in the juicer. Drink immediately!

[inhabitots.com/rev-up-your-juicer-and-try-6-kid-friendly-homemade-fruit-and-veggie-juice-recipes/#sthash.eTfZOSUn.dpuf](http://inhabitots.com/rev-up-your-juicer-and-try-6-kid-friendly-homemade-fruit-and-veggie-juice-recipes/#sthash.eTfZOSUn.dpuf)

## 61. MANGO PINEAPPLE & KALE



- 1-2 cups loosely packed chopped kale, ribs removed (about 3-4 leaves)
- 1 mango
- 1 cup chopped fresh pineapple

Peel and chop the mango before juicing. Juice all the ingredients, beginning with the kale. The pineapple and mango make a super sweet juice, which the kale helps tone down (and also adds big doses of Vitamin A, C and K). Makes 1 glass.

[inhabitots.com/rev-up-your-juicer-and-try-6-kid-friendly-homemade-fruit-and-veggie-juice-recipes/#sthash.eTfZOSUn.dpuf](http://inhabitots.com/rev-up-your-juicer-and-try-6-kid-friendly-homemade-fruit-and-veggie-juice-recipes/#sthash.eTfZOSUn.dpuf)

## 62. BALANCED GREEN JUICE



- 1 medium cucumber
- 4 medium leaves kale
- 1 packed cup coriander leaves and stems
- 1 large apple, cored and quartered
- 1 1/2" piece ginger
- 1 to 2 limes, peeled
- 3 medium celery stalks

Juice all of the ingredients in your Optimum Juicer.

[seriouseats.com/recipes/2013/01/balanced-green-juice-recipe-kale-juice.html](http://seriouseats.com/recipes/2013/01/balanced-green-juice-recipe-kale-juice.html)

## 63. WILD GREEN JUICE



- 1/2 pineapple
- 4 stalks celery
- 1-2 cucumbers
- 3-4 leaves chard (or other greens)

Handful of wild greens (malva and dandelion), or fresh parsley if you prefer small slice of ginger.

[thehealthyeatingsite.com/green-juice/](http://thehealthyeatingsite.com/green-juice/)

## 64. PURPLE PASSION JUICE



- 2 cups red grapes
- 1 cup blueberries
- 1/2 red (purple) cabbage
- 4 celery stalks
- 8 oz sparkling water (or filtered water)

Wash fruits and vegetables. Juice through your Optimum Juicer. Add sparkling water to your pitcher of juice and pour into two decorative and romantic glasses. Makes 2-3 glasses.

[myjuicecleanse.com/juicer-recipes/purple-passion-juice-recipe](http://myjuicecleanse.com/juicer-recipes/purple-passion-juice-recipe)

## 65. APPLE CARROT GINGER LEMON JUICE



2 apples  
5 carrots  
1" slice ginger  
1/4 lemon, peeled

Cut ingredients to fit into your Optimum Juicer and juice.

[myjuicecleanse.com/juicer-recipes/juice-recipes/immune-boosting-juice-recipe](http://myjuicecleanse.com/juicer-recipes/juice-recipes/immune-boosting-juice-recipe)

## 67. DETOX JUICE



1 cucumber  
1 kale including stems  
1 lemon including rind  
2 handfuls of spinach  
1 green apple  
1 pear (or another apple)  
3 carrots  
2 tomatoes  
4 celery stalks

Run all of the ingredients through your Optimum Juicer.

## 66. SWEET BROCCOLI JUICE



1 head of broccoli  
3 celery stalks  
2 oranges, peeled  
1/2" ginger root

Wash and prepare all the ingredients. Push through your Optimum juicer and pour into a glass, over ice if preferred.

[myjuicecleanse.com/benefits-of-juicing/benefits-of-broccoli-juice](http://myjuicecleanse.com/benefits-of-juicing/benefits-of-broccoli-juice)

## 68. PERFECT GREEN JUICE RECIPE



3 organic sticks celery  
1 lebanese cucumber (peeled if not organic)  
2 stems kale  
1/4 fennel bulb  
1 lemon, peeled  
1 green apple (peeled if not organic)  
1/2 slice of ginger, peeled

Put all ingredients through your Optimum Juicer. Strain through your sieve to remove all residual pulp. Have straight away but sip slowly and enjoy.

[foodmatters.tv/articles-1/perfect-green-juice-recipe](http://foodmatters.tv/articles-1/perfect-green-juice-recipe)

# 69. GREEN JUICE



- 1 small cucumber
- 1 green apple
- 3 celery stalks
- 1 lemon with rind
- A handful of kale
- A handful of spinach
- A handful of parsley

Put all ingredients in your Optimum Juicer and JUICE!

[theearthdiet.org/3/post/2012/11/green-juice.html](http://theearthdiet.org/3/post/2012/11/green-juice.html)

# 71. LIMEAPPLE JUICE



- 1 organic lemon
- 2 organic apples
- 2 organic stalks of celery
- 3 organic purple carrots
- Handful of organic lettuce/ salad mix

Juice all together in your Optimum Juicer and serve!

[organicempire.com.au/recipes/111/](http://organicempire.com.au/recipes/111/)

# 70. RADICAL ORGANIC BEET JUICE RECIPE



- 6 carrots
- 4 apples
- 4 celery stalks
- 2 medium raw beetroots, peeled
- 1 lemon
- 1" knob of ginger

Juice all ingredients in your Optimum Juicer, then serve.

[thetastytomato.com/2013/02/radical-red-organic-beet-juice-recipe/](http://thetastytomato.com/2013/02/radical-red-organic-beet-juice-recipe/)

# 72. "CLEAN MACHINE" MORNING CLEANSING GREEN JUICE



- 1 green apple
- 2-3 handfuls of spinach or kale
- Half lemon (yellow peel removed)
- 2" piece of burdock root, optional
- 1/2" of ginger root (unpeeled)

Process everything through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/clean\\_machine\\_morning\\_cleansing\\_green\\_juice](http://healthyblenderrecipes.com/recipes/clean_machine_morning_cleansing_green_juice)

## 73. "RHYTHM IN RED" MIDDAY CLEANSING JUICE



1 green apple  
Half a large english cucumber  
Half a medium beetroot  
Half inch piece of ginger (optional)

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/raw\\_rhapsody\\_in\\_red\\_midday\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/raw_rhapsody_in_red_midday_cleansing_juice)

## 75. "EL CUBANO" PINEAPPLE MORNING CLEANSING JUICE



1/4 pineapple  
1/2 cucumber  
1/2 lemon, peel removed  
6-8 sprigs of mint (optional)

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/el\\_cubano\\_pineapple\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/el_cubano_pineapple_cleansing_juice)

## 74. "ALKALINE ECSTASY" EVENING GREEN CLEANSING JUICE



1 cup of spinach or kale  
1/2 cucumber  
2 stalks of celery including leaves  
2 carrots  
1/2 green apple  
2" burdock root

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/alkaline\\_ecstasy\\_green\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/alkaline_ecstasy_green_cleansing_juice)

## 76. "VEGETABLE MAGNETISM" MIDDAY CARROT SQUASH CLEANSING JUICE



4 carrots  
1 cup peeled butternut pumpkin  
1/2 cucumber  
Optional: 1/2" piece of ginger  
Sprinkle of cinnamon

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/vegetable\\_magnetism\\_midday\\_carrots\\_squash\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/vegetable_magnetism_midday_carrots_squash_cleansing_juice)

## 77. RAW “GLORIOUS GREENS” EVENING CLEANSING JUICE



Handful of broccoli  
3 large cos lettuce leaves  
Handful of coriander  
1/2 lime, peel off  
1 packed cup fresh spinach leaves  
1 apple

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/raw\\_glorious\\_greens\\_evening\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/raw_glorious_greens_evening_cleansing_juice)

## 79. RAW “LAWN CLIPPINGS” MIDDAY GREEN CLEANSING JUICE



1/2 cucumber  
Handful parsley  
2 handfuls kale or spinach  
1 green apple  
Half lemon, skin off

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/raw\\_lawn\\_clippings\\_midday\\_green\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/raw_lawn_clippings_midday_green_cleansing_juice)

## 78. MORNING “CUCUMBER COOL” CLEANSING JUICE



1 whole cucumber  
1 green apple  
1/2 lemon, peel off  
Handful of coriander

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/morning\\_cucumber\\_cool\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/morning_cucumber_cool_cleansing_juice)

## 80. PINEAPPLE, CUCUMBER & MINT JUICE



1/2 ripe pineapple  
2 cucumbers  
1 bunch of mint

Run all ingredients through Optimum Juicer and enjoy!

[lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html](http://lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html)

# 81. THE GREENBAY



5 oranges, peeled  
1/2 bunch parsley

Run oranges through Optimum Juicer and set aside. Separately juice parsley. Slowly pour parsley juice over OJ forming two layers.

[lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html](http://lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html)

# 83. GREEN MACHINE



3 cucumbers  
1 bunch kale  
1/2 bunch parsley  
1/2 bunch spinach  
1/2 bunch swiss chard  
1-2 lemon or lime (peeled)  
stevia to taste (optional)

Run all ingredients through Optimum Juicer and enjoy!

[lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html](http://lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html)

# 82. SWEET RUBY



small bunch grapes  
1 cucumber  
1 apple  
1 lemon  
1 bunch rainbow chard  
1/2 bunch parsley  
4 stalks celery  
1 medium size beetroot  
1/2 habanero or jalapeño pepper (optional)

Process all ingredients through your Optimum Juicer and enjoy!

[lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html](http://lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html)

# 84. OH CLEMENTINE!



5 peeled clementines  
2 large grapefruit

Run all ingredients through Optimum Juicer. Enjoy!

[lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html](http://lindawagner.net/blog/2012/01/juice-recipe-for-weight-loss-2/index.html)

## 85. SIMPLE GREEN JUICE



- 1 small bunch of kale (about 4 large stalks)
- 1 large apple or pear
- 1/2 of a lemon or lime, peel removed

Place the prepared veggies and fruits into your Optimum Juicer in batches. Add an ice cube or two if you want it a bit chilled and then enjoy!

[comfybelly.com/2013/01/simple-green-juice/#.UoXMaByQYTk](http://comfybelly.com/2013/01/simple-green-juice/#.UoXMaByQYTk)

## 87. TROPICAL ENVY



- 1/2 beetroot
- 2 carrots
- 1 stalk celery
- 1/2 cucumber
- 1" ginger
- 1 handful parsley
- 1/2 cup pineapple

Wash all produce well and throw into your Optimum Juicer.

[juiceplans.com/recipe/tropical-envy](http://juiceplans.com/recipe/tropical-envy)

## 86. CHERRY, APPLE & PEAR JUICE BLAST



- 1 medium apple
- 2 medium soft pears
- 1/2 cup cherries with pits removed

In your Optimum Juicer, combine apple, pears, and cherries; Pour juice and, if desired, thin with sparkling water. Before serving, garnish with fresh cherries, if desired.

[juiceplans.com/recipe/cherry-apple-pear-juice-blast](http://juiceplans.com/recipe/cherry-apple-pear-juice-blast)

## 88. GREEN ENERGIZER BUNNY



- 2 apples
- 1/2 cucumber
- 1/2 lemon (peeled)
- 1/2 cup of kale
- 1/2 cup of spinach
- 1/4 bunch of celery
- 1/4 bulb of fennel
- 1" ginger
- 1/4 head of cos lettuce

Process all ingredients in your Optimum Juicer. Stir & Serve.

[juiceplans.com/recipe/green-energizer-bunny](http://juiceplans.com/recipe/green-energizer-bunny)

# 89. SWEET & GREEN JUICE



3 pears/ apples  
1/4 pineapple  
1 bunch of spinach  
4 kale leaves  
4 carrots  
1 radish  
1-2" ginger

Wash all of the ingredients thoroughly. Juice everything in your Optimum Juicer.

[juiceplans.com/recipe/sweet-green-juice](http://juiceplans.com/recipe/sweet-green-juice)

# 91. SUNSET JUICE RECIPE



1 large sweet potato  
1 medium carrot  
1 red capsicum  
2 large red beetroot  
2 golden delicious apples  
1 orange, optional

Wash all produce well, Juice using your Optimum Juicer. Pour over ice and Enjoy!

[juiceplans.com/recipe/sunset-juice-recipe/#!prettyPhoto](http://juiceplans.com/recipe/sunset-juice-recipe/#!prettyPhoto)

# 90. CHERRY JUICE



2 cups organic cherries  
NB: Can add handful of baby spinach to the mix for added nutrition

Simply place in blender and whizz, or put through your Optimum Juicer.  
Serve over crushed ice.

[organicempire.com.au/recipes/80](http://organicempire.com.au/recipes/80)

# 92. LOVE ME JUICE



1/2 -1 organic pineapple  
3 organic oranges  
3.5 cm piece of ginger  
ice cubes to serve

Juice pineapple, ginger and oranges, serve over ice.

[organicempire.com.au/recipes/168](http://organicempire.com.au/recipes/168)

## 93. KIDNEY CLEANSE JUICE

- 
- 4 sprigs parsley
  - 1 cucumber
  - 3-4 stalks organic celery  
(with or without leaves)
  - 1/2 lemon

Push all of the ingredients through the Optimum Juicer.

[thehealthyhappywife.blogspot.com/2012/01/this-juice-is-excellent-detoxifier.html](http://thehealthyhappywife.blogspot.com/2012/01/this-juice-is-excellent-detoxifier.html)

## 95. ALL HAIL KALE

- 
- 2 leaves organic kale
  - 4 organic juicing apples
  - 1 organic lemon, skin removed
  - 4 organic juice carrots
  - small knob of ginger
  - 3 stalks organic celery

Juice using your Optimum Juicer and enjoy.

[organicempire.com.au/recipes](http://organicempire.com.au/recipes)

## 94. PARSLEY LEMONADE “ALLERGIES BE GONE” ALKALINE GREEN JUICE

- 
- 1 head/ 2 cups continental flat-leaf parsley
  - 1 medium cucumber
  - 1-2 medium lemons, peeled
  - 1 green apple
  - 1 knob of ginger (optional)
  - 1 tsp raw LOCAL honey (optional)

Process all ingredients except the honey through your Optimum Juicer.  
Add honey if desired.

[healthyblenderrecipes.com/recipes/parsley\\_lemonade\\_allergies\\_be\\_gone\\_alkaline\\_green\\_juice\\_organicempire.com.au/recipes/168](http://healthyblenderrecipes.com/recipes/parsley_lemonade_allergies_be_gone_alkaline_green_juice_organicempire.com.au/recipes/168)

## 96. RAW “LIQUID SUNSHINE” MORNING CLEANSING JUICE

- 
- 1 cup strawberries
  - 2 carrots
  - 1 green apple
  - half of a cos lettuce
  - 1/2 or 1 whole lemon, skin off

Process everything through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/raw\\_liquid\\_sunshine\\_cleansing\\_juice/](http://healthyblenderrecipes.com/recipes/raw_liquid_sunshine_cleansing_juice/)

## 97. YOUNG & RAW'S ANTI INFLAMMATORY TURMERIC COCKTAIL JUICE



- 1 piece of turmeric root (or 1-2 tsp of ground turmeric powder)
- 1 whole cucumber
- 2 stalks celery
- 1" knob of ginger
- 1 peeled lemon

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/young\\_and\\_raws\\_anti\\_inflammatory\\_turmeric\\_coctail\\_juice](http://healthyblenderrecipes.com/recipes/young_and_raws_anti_inflammatory_turmeric_coctail_juice)

## 99. RAW APPLE PERSIMMON "PARASITES BE GONE" CLEANSING JUICE



- 2 persimmons
- 1 large apple

Process all ingredients through your Optimum Juicer.

[healthyblenderrecipes.com/recipes/raw\\_apple\\_persimmon\\_parasites\\_be\\_gone\\_cleansing\\_juice](http://healthyblenderrecipes.com/recipes/raw_apple_persimmon_parasites_be_gone_cleansing_juice)

## 98. THE DETOXINISTA'S IMMUNE BOOSTING CARROT GINGER JUICE WITH A TWIST



- 5 large carrots
- 1 cos lettuce
- 2 clementines, peeled
- 1/2 lemon, peeled
- 1" knob of fresh ginger

Process all ingredients through your Optimum Juicer.

## 100. BEET LEMONADE



- 1 quart water
- 1/4 cup beet juice
- The juice of 2 lemons
- 3 droppers liquid stevia
- 10 ice cubes
- Lemon slices

Juice the beetroot in your Optimum Juicer. Simply mix with all the ingredients together in a drinks pitcher, and stir. YUM!

[rawfoodrecipes.com/recipes/beet-lemonade-and-green-orangeade.html](http://rawfoodrecipes.com/recipes/beet-lemonade-and-green-orangeade.html)

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