

## **How to Make Juice**

### **0.1 AUTHOR DETAILS**

Bariyo Derrick 15/U/4401/EVE 215008105

## **1 Terms of Reference**

A report submitted in fulfilment of the requirements of The Juicing Bible and <http://www.wikihow.com/Make-Juice-Recipes>

## **2 Summary**

Making Juice involves steps that transfer solid fruits into a juice which is mixed with a mixture of water and other ingredients that give a flavor and thick color to the to the Juice. Sugar is finally added to the mixture to give it a better taste. This is done using a blender.

## **3 Introduction**

In this report I talk about the different ingredients needed to make juice, the quantity of the ingredients and the steps taken to make the juice. I also state the different equipment that is needed when making juice.

## **4 Body**

A couple of steps are taken to make juice and all these are stated below.

### **4.1 These below are the required fruits;-**

Oranges

Mangoes

Pine apples

Water melon

Carrots

Passion fruits

The other ingredients needed include Sugar and cold water.

### **4.2 The required equipment include;-**

A blender.

A sharp knife.

Clean containers to hold the juice.

The following are the steps that are taken to make juice.

1. Wash and rinse all the fruits, first, then remove any parts that might be tough or bitter.
  2. Remove the eyes from pineapples, and the fibrous core then slice them in to small pieces.
  3. Pill the mangoes, water melon and carrots and get the juice out of the passion fruits.
  4. Split the mangoes, carrots and watermelons and remove their seeds and any stems.
  5. Chop your fruits and vegetables into the appropriate-sized chunks.
  6. Put the sliced pieces of the fruits in to the blender and blend them all until they are fluid.
  7. Mix all the different juices that you have gotten so that you obtain your required flavor.
  8. Sieve the juice so as to filter out the fruit particles that are still solid.
  9. Add cold water to the juice according to the quantity of the juice that you had blended.
- The juice is ready and you can now enjoy your juice.

## 5 Conclusion

Making juice is easy if the right ingredients and procedures are known. Make sure you never forget adding sugar to the juice, removing the seeds of the different fruits so that they are not blended and finally adding the right quantity of water to the juice.