



SUPER CHARGED JUICE

*A collection of healthy
juices & smoothies
recipes*

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What Can Juicing Do For You?

To [stay fit and healthy](#), your body doesn't just need a balanced diet of protein, complex, carbohydrates and fats.



It's essential to get the required amounts of vitamins, minerals and trace elements.

Without the right balance of vitamins and minerals, your metabolism will not run efficiently, you could lack energy, impair your immune system, or open yourself up to all kinds of illnesses and health problems, from the insignificant to the more serious.

I want you to feel good, have more energy, look slimmer and feel healthier!

Juicing can do all this – and more.

So, before you embark on this juicing journey, ask yourself:

1. Why am I interested in juicing?
2. What do I want and hope to get out of juicing?
3. What is the biggest motive that drives me to juicing now?

Your answers can be anything, from mild curiosity to weight loss and better health habits. You may want to move towards a more raw-food friendly diet or you may be interested in getting more nutrients from vegetables into your diet.

Top 20 Irresistible Juicing Benefit



These are the top 20 irresistible reasons that you should be juicing today.

However, these are not benefits you see overnight, but if you stick to juicing consistently, over time you will reap more of these benefits.

1. **Absorbs immediately:** Your body absorbs the nutrient in the juice right away because it does not need to break down food from a solid form. It just absorbs it right into your cells and blood-stream. The delivery of vitamin, minerals and phytochemicals occurs in a form that your body can use right away to feed the cells and nourish the whole body.
2. **Guarantees the daily dose:** You can get your full recommended dose of fruits and vegetables efficiently with a juice. It would be hard to have to eat all the vegetables that you need in your diet on a daily basis.
3. **Nourishes your body with a variety of fruits and vegetables:** Juicing exposes you to a wide variety of fruits, vegetables and herbs that would otherwise be difficult to integrate into your diet because they may not be your everyday vegetables.
4. **Detoxes and cleanses:** Juicing, especially during a consistent basis or as a result of a fast, detoxes, cleanses and purifies your digestive track by expediting the elimination of build-up of waste from the body and giving your digestion a rest.
5. **Creates a healthy Alkaline State:** Juicing helps your body to return a healthy alkaline state. The pH balance of human blood needs to stay with

a certain range and many food, especially on the unhealthy side, are extremely acidic, so your body has to work hard to neutralize their effects and return to the desired state.

6. **Makes your skin glow and your hair shine:** Juicing puts the glow back into your skin and the shine back to your hair. Juicing even puts a new spark in your eyes.
7. **Helps control cravings:** Juicing helps you better control your appetite and cravings, especially that sweet tooth we all have!
8. **Eases [weight loss](#) and maintenance:** Juicing helps you lose weight and maintain your ideal weight, especially with juice fast.
9. **Raises your energy level:** Juicing increases your energy level. The greener juices invigorate your body, and with all the vitamins and phytonutrients, you will get a burst of energy that, unlike a sugar high with a quick crash, keeps you going for a few hours.
10. **Gives you mental clarity:** As juicing helps you clear out the waste from your body, it creates a fresh state of mental clarity.
11. **Act as the perfect snack:** Juicing is filling. Instead of snacking on solid food, you can enjoy a glass of juice.
12. **Increases your immune system:** Juicing boosts your immune system and helps your body resist and fight infections.
13. **Tastes irresistibly delicious:** A glass of juice made with the right combinations can be, quite simply, the most delicious drink you ever had!

14. **Generates mood balance:** Juicing enhances your mood by balancing your emotional highs and lows.
15. **Lessens menstrual cramps:** This one is for the ladies. Juicing helps with our menstrual period cramps first by helping curb the bad cravings and second with the nutrients found in some specific fruit and vegetables such as pineapple, which is the number one known juice to lessen cramps, as well as beets, celery, fennel, ginger, and leafy greens that contain magnesium.
16. **Act as a great hydrator:** Juicing keeps you hydrated. If you don't enjoy drinking your recommended eight glasses or so of water a day, the next best thing is a glass of fresh juice.
17. **Leads to more [healthy](#) habits:** Juicing introduces you to other healthy habits such as natural healthy food, self-care, body awareness and even meditation and deep breathing.
18. **Is pure fun:** Juicing is fun. This isn't cooking or baking we are talking about. This is putting fruits and vegetables down your juicer's chute and enjoying a new drink every time.
19. **Aids the healing of physical ailments:** Juicing has been shown to aid in healing many physical ailments such as joint pain, muscle aches, stomachaches, ulcers and digestive problems.
20. **Makes you happy:** That's right. Juicing simply makes you happy. The fresh taste of this hydrating drink makes my cells sing even on a rainy day!

Finding Out About Nutrients



The color of each fruit gives you a clue as to the nutrients it contains, so you can follow the color of the juicing rainbow to find the nutrients you are looking for.

Red Fruit & Vegetables

Red fruit and vegetable contain antioxidants that chase down and destroy harmful free radicals in our bodies. They can help to keep your blood pressure on an even keel, lower harmful cholesterol and protect against the signs of ageing ... they may even help to reduce the risk of some cancers.

Orange Fruit & Vegetables

A way to boost your immune, to protect you from all the bad stuff that life throws at you. For a healthy heart and great looking skin and hair, orange is best.

Yellow Fruit & Vegetables

This is the road to looking good and staying young – in body and mind. Yellow fruits and veg are those that can help maintain healthy bones and supple joints. Not to mention doing their bit to battle the harmful free radicals that contribute to ageing.

White Fruit & Vegetables

They can to give your body a natural detox

Green Fruit & Vegetables

Some of the green vegetables – like spinach and kale – are crammed with health-giving nutrients that are great for a healthy digestive system, to keep cholesterol in check, boost your immune system and lower blood pressure.

Purple Fruit & Vegetables

It helps to boost your brain health – help control damaging cholesterol, boost your immune system and encourage your body to utilize nutrients efficiently.



Fruit

Here is your at-a-glance guide to the nutrient boost you can get from [the fresh fruit](#) used in our juices and smoothies – grouped into Vitamin; minerals; macronutrients; phytonutrients and trace elements – and the health benefits, too.



FRUIT	PACKED WITH	WHAT'S THE BENEFIT FOR ME?
Apples	Beta-carotene; flavonoids	Can bring down your blood pressure and clam inflammation
Apricots	Beta-carotene; iron, potassium	Great for healthy eyes, skin and hair
Avocados	Vitamin B complex, C; potassium	Good for your heart health and lower cholesterol
Bananas	Potassium	Perfect for a boost of slow-release energy, good for the nerves and help you to keep your blood pressure level
Blackberries	Vitamin C, E, folic acid	Good for immune-system protection, they can also relieve inflammation
Blackcurrants	Vitamin C; flavonoids	Give your memory a boost – and a shot in the arm for the immune system
Blueberries	Vitamin C; flavonoids	Brilliant brain food – with a super-boost of nutrients
Cherries	Copper, manganese, potassium, zinc; antioxidants, flavonoids	Anti-inflammatory, so look for a soothing effect on the nerves, and they promote a healthy heart
Chillies	Beta-carotene; flavonoids	Great for healthy skin – from the inside out – and to keep your blood pressure where it should be
Coconuts	Phosphate, potassium	For energy and strong bones
Cranberries	Vitamin C, beta-carotene; manages; fibre	News is that they prevent urinary tract infections as well as supporting a healthy cardiovascular system
Cucumbers	Vitamin B complex	There's an energy boost here – and they can help you keep your hair looking great
Dates	Vitamin A, beta-carotene; iron, potassium; fibre	Good news for both your digestive and respiratory systems

Grapefruit	Vitamin C; flavonoids	Apart from the vitamin C boost, they can even help blood sugar levels and regulate appetite
Grapes	Vitamin A, C, B6, folic acid; potassium	Can help you to a healthy heart and efficient digestive system – plus there's an anti-ageing bonus
Guavas	Vitamin A, B, complex, C; potassium	Protect against some cancers, and also good for a healthy heart
Kiwis	Vitamin C; fibre	Keep your vital immune system in good shape and sharpens your eyesight
Lemons	Vitamin C; limonene	Stave off those coughs and sneezes
Limes	Vitamin C; limonene	Another hit against infection, and they are good for healthy teeth and gums
Longan fruit	Vitamin C; copper, potassium	Great for the circulation system
Lychees	Vitamin B complex, C; copper, potassium; antioxidants; fibre	More good news for the circulation here, and they can also even out problems in the digestive system
Mangoes	Vitamin B complex, C, E, beta-carotene; fibre	All about the stomach – they ease problems and can prevent constipation
Mangosteens	Vitamin B complex, C; potassium	Antioxidants help resist infections and fight damaging free radicals, control heart rate and blood pressure
Melons, honeydew	Vitamin C, beta- carotene	For clear skin and shining eyes (but not a wet nose!)
Oranges	Vitamin C, flavonoids, limonene	All kinds of benefits, starting with supporting the immune system and helping to fight infection, all the way to raising depleted blood sugar levels
Papayas	Vitamin B complex, C, beta-carotene; potassium	Good for skin and bones, with an added energy boost
Peaches	Vitamin C, beta- carotene; fibre	Perfect for those exercise, they ease muscle weakness and relieve fatigue
Pears	Vitamin C; potassium	Cut that blood pressure back to normal and protect against free radical damage
Pears, nashi	Fibre	Good for the digestive system
Pineapples	Vitamin C; copper, manganese; fibre	Help your body to repair and store
Plums	Vitamin E; potassium; flavonoids	Inhibit free radicals to reduce the signs of ageing

Pomegranates	Vitamin C; ellagic acid, flavonoids	Promote heart health and may reduce the risk of some cancers
Prunes	Vitamin B6; iron, potassium; fibre	Have anti-ageing properties, promote healthy digestion and boost energy
Rambutans	Vitamin C; antioxidants, flavonoids	Watch out bugs, this is an immune-system bost
Raspberries	Vitamin C; ellagic acid, flavonoids	Soothing all the way – whether pain or an irritable digestive tract
Redcurrants	Vitamin C; potassium; flavonoids	You'll soon see these are good to sharpen the brain – and they help maintain healthy eyesight too!
Starfruits	Vitamin C; flavonoids; fibre	Brain boosting and good for the immune system
Strawberries	Vitamin C; ellagic acid, flavonoids	To combat aching joints and improve brain function
Tomatoes	Vitamin C, E, beta-carotene; potassium; fibre	Healthy skin, strong bones, plus an immune-system boost
Watermelons	Vitamin B1, B6, C	Balance your body's water in order to use fluid effectively and help soothe body tissues

Vegetables

Find out the great things these veggies can do to boost your system, making you look and feel fitter and healthier. Nutrients are grouped into vitamins; minerals; [macronutrients](#); phytonutrients and trace elements. What's in it for me tells you just some of the health benefits you can expect.



VEGETABLES	PACKED WITH	WHAT'S THE BENEFIT FOR ME?
Asparagus	Vitamin C, E, beta-carotene, folic acid; phosphate; fibre	Both a tonic and a sedative, asparagus can be a calming influence for those suffering from nervous problems
Beetroot	Vitamin C, folic acid; iron, potassium; flavonoids	Beetroot is a superfood – it's even the choice of Paralympic champions – so try it if you want to work to become fitter, faster, stronger!
Carrots	Vitamin A, B complex, beta-carotene	The nutrients in carrot really do promote healthy eyes – and also control heart rate and blood pressure, and minimize those dreaded signs of ageing
Celery	Potassium; fibre	Flushing out excess CO ₂ and reducing unwanted acidity are among the benefits here
Courgette	Vitamin C, beta-carotene, folic acid	Skin protection is a primary benefit, plus they help prevent anaemia
Fennel	Vitamin A, C, E; copper; antioxidants; fibre	So obviously soothing, this is the ultimate digestive aid, so add fennel to your juices if you have an unsettled system
Kale	Vitamin K, beta-carotene, folic acid; calcium, iron, magnesium	Essential for maintaining healthy skin; as well as encouraging bone strength and healthy circulation, it may also lower cholesterol
Pumpkin	Vitamin A, B complex; flavonoids	Apart from offering a range of valuable vitamin and antioxidants, the latest research also suggest an anti-cancer factor here
Spinach	Vitamin B6, K; calcium, iron, magnesium, potassium	A great one for all aspects of health, the nutrients in spinach can protect against free radicals, help to normalize heart rate and blood pressure, and are good for strong bones

Watercress	Vitamin C, K	High in antioxidants, let the valuable nutrients in your watercress juice wash over your brain to keep it spring cleaned
Wheatgrass	Vitamin A, C, E, B12; iron, calcium, potassium	An all-around superfood, wheatgrass will boost your metabolism and have you bouncing with energy



Other Ingredients

Additional information for flavor and [health-promoting](#) properties are added to our juice with these ingredients



FOOD	WHAT'S THE BENEFIT FOR ME?
Acai berries	Anti-ageing, anti-inflammatory, anti-cancer
Agave syrup	A sweet nectar – the perfectly natural sweetener
Aloe vera	In juices, it's anti-inflammatory and soothes the digestive system
Bee pollen	Protect against the sign of ageing and is anti-inflammatory
Cacao nibs	An energy booster to invigorate and fresh
Cardamom	A great digestive that freshens the breath at the same time
Chia seeds	They have offered all-round health benefits for centuries
Cinnamon	Sprinkle on your juices to ward off those winter sniffles
Coenzyme Q10	An effective brain booster to keep you sharp
Echinacea	Support your natural defences
Ginger	Soothe tired muscles, reduce inflammation – and it will aid your digestion
Ginkgo biloba	A boost to your mental energy
Ginseng	It can help to reduce stress, flush toxins out of your body and boost energy levels
Goji berries	Cellulite busting and good for the reproductive system
Guarana	A herb native to Brazil yields this refreshing tonic
Honey	Soothe sore throats and attack hay fever with a daily spoonful of local honey
Maple syrup	A lovely natural sweetener with its own distinct flavor
Mint	A fresh fragrance, great for the digestion and can relieve headaches
Muesli	Fibre, nutritious nuts and oats to keep you feeling satisfied

Oats	An effective form of slow-release energy and they help to lower cholesterol
Omega oil	Bringing you a healthy heart and flexible joints
Protein powder	A muscle-building booster
Pumpkin seeds	Give you flexible joints and good circulation to help you do your circuits
Spirulina	Loaded with anti-ageing properties, promotes healthy nerves and tissues
Sunflower seeds	High in fibre, vitamin and minerals, these provide a healthy snack and an all-round health benefit in your juicing
Thai basil leaves	Both a natural tranquilizer and a refreshing nerve tonic
Tofu	Fights cholesterol and works to mitigate the signs of ageing
Vitamin B5	Alleviates stress by helping to maintain an adequate supply of hormones
Vitamin C	Essential for good health, it pays particular attention to the respiratory system
Walnuts	Benefits to your blood pressure can be found here, as well as some great anti-ageing properties
Wheatgerm	High in fibre, the heart of the wheat
Yogurt	Helps build strong bones and teeth, plus it promotes the maintenance of healthy bacteria in the gut



Why Clean Up with Antioxidants?

Chemical nasties called free radicals zip about your body damaging your cells, causing ageing and compromising your optimum performance. Antioxidants seek them out, round them up and destroy them.

So the [more antioxidants](#) you can pack into your diet, the healthier and more youthful you may be.



The main antioxidants nutrients are:

NUTRIENTS	WHAT'S THE BENEFIT FOR ME?
Vitamin C	Provides the first line of defense
Vitamin E	This is the one to keep you young
Beta-carotene	Keeps you safe from the sun's rays
Glutathione	The ultimate warriors against toxins
Flavonoids	Get the other antioxidants going
Polyphenols	Keep those free radicals and other toxins in check
Selenium	Fights against cell damage
Potassium	Helping to maintain consistent blood pressure. It is also important for maintaining the balance of acids and bases in the body
Iron	To transport oxygen to your cells

Once you start on the adventure of making a fresh juice every day, you are bound to feel full of energy and revitalized, have a smoother, brighter complexion, and you're pretty sure to lose excess weight.

So do your juicing now!

Everything else will start to fall into place as a result.





The Reboot Essentials

Ingredients:

½ small white or green cabbage head
3 – 4 medium carrots
2 cups of spinach
1 small handful of watercress
1 – 2 cloves garlic
1 small ginger chunk
1 small turmeric chunk
1 lemon

Optional Additions:

1 medium sweet apple
½ cayenne pepper

Replacements:

Swiss chard for spinach
Parsley for watercress

The Fast and Furious Flu Fighter

Ingredients:

2 small – medium oranges, peeled

1 small grapefruit, peeled

½ lemon

1 Yellow or Macintosh apple (or any other sweet apple)

A small chunk of ginger

Optional Additions:

A handful of parsley

Replacements:

1 cup peeled pineapple for apple

The Glowing Pomegranate

Ingredients:

1 large pomegranate, peeled
½ to 1 lime
2 medium sweet apples, any kind

Optional Additions:

None

Replacements:

Lemon for lime

The Refreshing Morning Cocktails

Ingredients:

2 cups fresh cranberries
2 – 3 medium carrots
A handful of cilantro
2 oranges, peeled
1 apple

Optional Additions:

2 – 4 strawberries or raspberries

Replacements:

Parsley or dill for cilantro
All oranges or all apples

The Vitamin C Queen

Ingredients:

3 – 4 cups baby spinach
A handful or parsley
2 mall delicious apples
2 medium oranges, peeled
6 – 8 stems fresh mint
1 lemon
1 small chunk of ginger

Optional Additions:

1 – 2 small Persian cucumbers

Replacements:

Use all oranges or all apples

The Green Goddess

Ingredients:

7 – 8 large kale leaves
1 ½ - 2 cups baby or regular spinach
12 strawberries
1 Granny smith medium – large apple
A handful of mint
¼ fennel, bulb and stalk
1 lime

Optional Additions:

A handful of dill

Replacements:

Lemon for lime
Cilantro or parsley for mint

The Smooth Sensation

Ingredients:

3 – 4 large leaves of Swiss chard
3 – 4 broccoli florets and stems
A small handful of parsley
½ large Italian cucumber
1 lemon
6 – 8 strawberries
2 small orchard apples

Optional Additions:

1 – 2 cloves of garlic, peeled
2 – 4 leaves basil

Replacements:

Any other cucumber
Any other sweet apple
Spinach or kale for Swiss chard

The Hydrating Refresher Queen

Ingredients:

1 ½ to 2 cups of baby spinach
3 – 4 small Persian cucumbers
1 cup of arugula
2 medium Roma tomatoes
1 lemon
1 small chunk of ginger

Optional Additions:

A handful of basil

Replacements:

Lime for lemon
Parsley for cilantro

The Powerful Rich Red Cleanse

Ingredients:

2 – 3 medium carrots
1 medium beet
4 – 5 stalks of celery
1 large Macintosh or Honey Crisp apple
A handful or parsley
1 lemon

Optional Additions:

1 clove garlic, peeled

Replacements:

Cilantro for parsley
Tomatoes for apples

The Perfect Purifier Beauty

Ingredients:

1 medium beet
¼ of cabbage head
2 Persian cucumbers
1 medium parsnip
A handful of parsley
1 large yellow or red sweet apple
1 lime

Optional Additions:

A handful (2 – 3) beet top greens to make it less sweet
Ginger and garlic to taste

Replacements:

Lemon for lime
Carrots for parsnip

The Multi Nutri Juice

Ingredients:

6 leaves of Swiss chard
2/3 to 1 beet
3 – 4 medium carrots
4 Roma tomatoes
A handful of parsley
1 – 2 small cucumbers
1 lemon
A chunk of ginger

Optional Additions:

1 – 2 cloves of garlic, peeled
A handful (2 – 3) beet top greens to make it less sweet

Replacements:

Celery for cucumbers
Kale for Swiss chard

The Absolute Winter Healer

Ingredients:

4 – 5 leaves of Swiss chard
3 – 4 leaves of lettuce
2 – 3 medium carrots
1 medium beet
2 – 3 small cucumbers
2 Roma tomatoes
1 bunch watercress
½ lime or lemon
2 cloves garlic, peeled
A chunk of ginger

Optional Additions:

A handful (2 – 3) beet top greens to make it less sweet
A handful (2 – 3) carrot top greens to make it less sweet

Replacements:

Parsley for watercress
Spinach for Swiss chard

The Highly Potent Drink

Ingredients:

4 stalks celery
A cup spinach
3 – 4 broccoli florets and stems
½ bunch parsley
2 small Granny Smith green apples
2 cloves garlic
1 small chunk ginger
1 jalapeno pepper, seedless

Optional Additions:

1 small chunk turmeric

Replacements:

Cilantro for parsley
Carrot for apples

The Super Detox Galore

Ingredients:

6 – 8 leaves kale
4 – 6 stalks celery
1 whole Belgian endive
½ white onion
2 small red delicious apple
½ lemon or lime
1 chunk ginger
2 cloves of garlic
1 cayenne pepper

Optional Additions:

1 small handful watercress

Replacements:

Collard greens for kale
Cabbage for Belgian endive

Red and Green Celestial Concoction

Ingredients:

3 – 4 medium carrots
6 – 8 leaves kale
 $\frac{1}{3}$ fennel stalk and bulb
 $\frac{1}{2}$ dill or mint bunch
3 – 4 Roma tomatoes
3 – 4 florets of broccoli
 $\frac{1}{2}$ large Italian cucumber
1 lemon

Optional Additions:

$\frac{1}{2}$ bunch watercress
1 – 2 cloves garlic, peeled

Replacements:

Spinach for kale
Dill for cilantro

The Hot Mama Green Juice

Ingredients:

2 Roma tomatoes
2 – 3 medium carrots
2 small parsnips
1 Italian cucumber
1 cup baby spinach
1 small handful cilantro
1 small handful parsley
¼ fennel
1 small cayenne pepper (or spice powder to taste)

Optional Additions:

Garlic and ginger to taste

Replacements:

More parsley for cilantro or vice versa
Jalapeno pepper for cayenne pepper
More carrots for the parsnips

Powerful Enzyme Digester

Give your digestive system a makeover with the soothing qualities of papaya and kiwi.

Ingredients:

½ pineapple, peeled and cut into chunks

¼ papaya, peeled and deseeded

1 kiwi, peeled and halved

How to do it:

Put all the ingredients through an electric juicer.

Stir the juices together and serve immediately

Nutrients:

- Vitamin C, beta-carotene; iron, magnesium, manganese, phosphate
- Vitamin B1, B5, B6; potassium, copper, zinc; fibre
- Vitamin B2, B3, folic acid; calcium

Kiwi & Pine-lime Duet

A great drink to freshen your skin and give it a healthy glow.

Ingredients:

½ pineapple, peeled and cut into chunks

¼ lime

1 kiwi, peeled and halved

How to do it:

Put the pineapple through an electric juicer.

(Alternatively, add 150 ml / 5 fl oz / scant $\frac{2}{3}$ cup pineapple juice instead of juicing the pineapple.)

Squeeze the juice from the lime.

Pour the juices into a blender or food processor, add the kiwi and blend until smooth.

Nutrients:

- Vitamin C, manganese
- Vitamin B1, B6; copper
- Vitamin B2, B3, B5, beta-carotene, folic acid; calcium; iron, magnesium, phosphate, potassium, zinc; fibre

Vital Morning Start

Sharpen your senses, refresh your system and absorb slow-release energy to see you through a busy day at work.

Ingredients:

1 piece (about 2.5 cm / 1 in cube) peeled pineapple
3 oranges, halved
1 banana
1½ kiwis, peeled and halved

How to do it:

Put the pineapple through an electric juicer.
Squeeze the juice from the oranges.
Pour the juices into a blender or food processor, add the remaining ingredients and blend until smooth and creamy.

Nutrients:

- Vitamin A, B1, B2, B6, C, K, folic acid; copper, magnesium, manganese, potassium
- Vitamin B5; calcium, iron, phosphate
- Vitamin E, fibre

Melon, Mango, & Orange Juice

A classic summer combination of fruit.

Ingredients:

4 oranges halved

2 pieces (about 2.5 cm / 1 in cubes) peeled honeydew melon

½ mango, peeled

How to do it:

Squeeze the juice from the oranges.

Pour the juices into a blender or food processor, add the melon and mango and blend until smooth and creamy.

Nutrients:

- Vitamin A, B5, B6, C, beta-carotene; manganese, potassium
- Vitamin B1, B2, B3, B7, folic acid; copper, iron, magnesium, phosphate, fibre.

Citrus Beast

Powerful combo as a real fighter for great health.

Ingredients:

3 oranges, halved
½ ruby grapefruit
½ lime
¼ lemon
4 cranberries

How to do it:

Squeeze the juice from the oranges, grapefruit, lime and lemon.
(Alternatively, add 150 ml / 5 fl oz / scant 2/3 cup orange juice instead of squeezing the oranges.)
Pour the juices into a blender or food processor, add the cranberries and blend until smooth.

Nutrients:

- Vitamin C
- Folic acid; potassium.
- Vitamin B complex, beta-carotene; calcium, iron, magnesium, manganese, phosphate; flavonoids

Peach & Raspberry Combination

Banish fatigue and bring that youthful glow back to your skin with this rich and smooth duo juice.

Ingredients:

6 peaches, pitted

1 handful of raspberries

How to do it:

Put all the fruit through an electric juicer.

Stir in any top-up ingredients, if included

Nutrients:

- Vitamin B2, B3, B5, C, beta-carotene; copper, iron, magnesium, manganese, phosphate, potassium; fibre
- Vitamin B1; folic acid; iodine.
- Vitamin E, B7; calcium, zinc; ellagic acid, flavonoids

Lucky Sparkling Limes

For a bright smile and a healthy digestive system, try your luck with this great mix of soft and sharp flavors.

Ingredients:

½ pineapple, peeled and cut into chunks

3 limes, halved

½ mango, peeled

How to do it:

Put the pineapple through an electric juicer.

Squeeze the juice from the limes.

Pour the juice into a blender or food processor, add the mango and blend until smooth and creamy.

Nutrients:

- Vitamin B6, C, beta-carotene; copper, manganese
- Vitamin B1, B2, B3, B5; magnesium, potassium, fibre.
- Vitamin E, B7; folic acid; calcium, iron, phosphate, zinc; flavonoids

Digestive Soother

Be your powerful juice – a real digestive soother.

Ingredients:

½ pineapple, peeled and cut into chunks

¼ papaya, peeled and deseeded

3 mint leaves

How to do it:

Put the pineapple through an electric juicer.

Pour the juice into a blender or food processor, add papaya and mint leaves and blend until smooth and the leaves are finely chopped.

(Alternatively, you can simply chop the mint leaves and add them to the juice.)

Nutrients:

- Vitamin B1, C, beta-carotene; copper, magnesium, manganese
- Vitamin B2, B5, B6; iron, phosphate, potassium, zinc
- Vitamin B3, B7 E, folic acid; calcium; fibre; flavonoids

Vital Start

Sharpen your senses, refresh your system and absorb slow-release energy to see you through a busy day at work.

Ingredients:

1 piece (about 2.5 cm / 1 in cube) peeled pineapples
3 oranges, halved
1 banana
1½ kiwis, peeled and halved

How to do it:

Put the pineapple through an electric juicer.
Squeeze the juice from the oranges.
Pour the juices into a blender or food processor, add the remaining ingredients and blend until smooth and creamy.

Nutrients:

- Vitamin A, B1, B2, B6, C, K, folic acid; copper, magnesium, manganese, potassium
- Vitamin B5; calcium, iron, phosphate
- Vitamin E; fibre

Pear & Ginger Powerful Mix

With their smooth and subtle flavor, pears quietly get to work protecting you from toxins and cell damage.

Ingredients:

5 pears, quartered and stems removed
2 thin slices root ginger

How to do it:

Put all the ingredients through an electric juicer.
Stir the juices together.

Nutrients:

- Copper, magnesium, potassium
- Vitamin B2, B3, B5, B6, C, E; iron, phosphate
- Vitamin B1, beta-carotene, folic acid; calcium, zinc

Pear and Ginger Cleanser

Cleanse your body of harmful free radicals and soothe your system with this crisp and clean mix.

Ingredients:

3 pears, quartered and stems removed

2 thin slices root ginger

¼ cucumber

How to do it:

Put all the ingredients through an electric juicer.

Stir the juices together.

Nutrients:

- Vitamin B5, B6, C, beta-carotene; copper, magnesium, phosphate, potassium
- Vitamin B1, B2, B3, B7, E, folic acid; calcium, iron, zinc
- Vitamin K; flavonoids; omega-3

Youthful Ginger Plum

If you are hoping to preserve your youthful looks and energy, you could hardly do better than trying a ginger plum juice now and then.

Ingredients:

2 thin slices root ginger

5 oranges, halved

2 plums, peeled and pitted

How to do it:

Put the ginger through an electric juicer.

Squeeze the juice from the oranges. Pour the juices into a blender or food processor, add the plums and blend until smooth.

Nutrients:

- Vitamin C, beta-carotene; copper, manganese, potassium
- Vitamin B3, B5, B6; magnesium, phosphate
- Vitamin B1, B2, B7, E, K, folic acid; calcium, iron, zinc; fibre; flavonoids, omega-3

Grapefruit Breakfast Kickstarter

The perfect breakfast juice combo if you need a boost to get your day started.
Add half a chili if you dare! 😊

Ingredients:

2 large grapefruits, halved
½ lime
3 mint leaves
¼ chilli

How to do it:

Squeeze the juice from the grapefruits and lime. Pour the juices into a blender and food processor, add the mint leaves and chilli and blend until smooth and the leaves are finely chopped. (Alternatively, you can simply chop the mint leaves and add them to the juice.)

Nutrients:

- Vitamin C, folic acid
- Vitamin B1, B7; calcium, magnesium, phosphate, potassium
- Vitamin B2, B3, B5, B6, E, beta-carotene, copper, iron; flavonoids

Pineapple, Thai Basil and Lime

Great for your digestion, this fresh-tasting juice will also brighten your complexion and flush out your system

Ingredients:

½ pineapple, peeled and cut into chunks

¼ lime

1 small handful of Thai basil leaves

How to do it:

Put the pineapple through an electric juicer. Squeeze the juice from the lime. Pour the juices into a blender or food processor, add the basil leaves and blend until smooth and the leaves are finely chopped. (Alternatively, you can simply chop the basil leaves and add them to the juice.)

Nutrients:

- Vitamin C, manganese
- Vitamin B1, B6
- Vitamin B3, B5, folic acid; calcium, copper, iron, magnesium, potassium, zinc

Core-d Cleanse

Kale really punches above its nutritional weight, so keep it in your juicing repertoire and love its anti-ageing properties.

Ingredients:

½ pineapple, peeled and cut into chunks
1 handful of kale
¼ cucumber
¼ lemon
½ avocado, peeled

How to do it:

Put the pineapple, kale and cucumber through an electric juicers. (Alternatively, add 150 ml / 5 fl oz / scant $\frac{2}{3}$ cup pineapple juice instead of juicing the pineapple.) Squeeze the juice from the lemon.

Pour the juices into a blender or food processor, add the avocado and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B2, B5, B6, B7, C, E, beta-carotene; magnesium, manganese, phosphate, potassium
- Vitamin B3, folic acid; calcium, copper, iron, zinc
- Vitamin K; fibre; iodine

Fantastic Lean Green

Fantastic Lean Green is probably the tastiest juice you'll come across that's made with kale. Kale is packed so full of nutrients that we've always wanted to find a way to make it taste good in a juice. For us, the combination of the kiwi and pineapple balance out the metallic nature of the kale and spinach. A Fantastic juice to get you going first thing in the morning.

Ingredients:

2 green apples, quartered and stems removed
1 handful of baby spinach leaves
1 handful of kale
1 pear, quartered and stem removed
2 pieces (about 2.5 cm / 1 in cubes) peeled pineapple
1 kiwi, peeled and halved

How to do it:

Put all the ingredients through an electric juicer.
Stir the juices together

Nutrients:

- Vitamin B1, B2, B3, B6, C, beta-carotene; copper, magnesium, manganese, potassium
- Vitamin B3, B5, B7, folic acid; calcium, iron
- Vitamin E, K; zinc; flavonoids; iodine

Veggie Invigorator

Packed with antioxidants to flush those free radicals out of your system, the delicious carrot juice is boosted with a touch of ginger spice.

Ingredients:

3 carrots, tops removed
2 tomatoes
½ stick celery
2 thin slices root ginger
½ lemon

How to do it:

Put all the ingredients except the lemon through an electric juicer.
Squeeze the juice from the lemon.
Stir the juices together.

Nutrients:

- Vitamin B1, B6, B7, C, E, beta-carotene; magnesium, manganese, phosphate, potassium
- Vitamin B3, calcium, iron;
- Vitamin B2; zinc; iodine

Energizer

An imaginative juice boost, this will lift your energy levels, relax your muscles and put the spring back in your step.

Ingredients:

3 apples, quartered and stems removed

3 carrots, tops removed

2 thin slices root ginger

How to do it:

Put all the ingredients through an electric juicer.

Stir the juices together.

Nutrients:

- Vitamin B1, B6, C, beta-carotene, copper, magnesium, manganese, phosphate, potassium
- Vitamin B3, B5, B7, E; calcium, iron, zinc
- Vitamin B2, K, folic acid; iodine, selenium; flavonoids; omega-3

Papaya Lime Smoothie

For your cool wake-up call to boost your energy at breakfast, pop slice of papaya in the freezer before you turn in, then you are good to go.

Ingredients:

3 oranges, halved

¼ lime

½ banana

125 ml / 4 fl oz / ½ cup low-fat yogurt, frozen overnight, or low-fat yogurt plus 4 ice cubes

1 slice (2.5 cm / 1 in thick) papaya, peeled, deseeded and frozen overnight

How to do it:

Squeeze the juice from the oranges and the lime. Pour the juices into a blender or food processor, add all the remaining ingredients and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B2, B6, B7, B12, C, beta-carotene; calcium, magnesium, manganese, phosphate, potassium, zinc; iodine
- Vitamin B5, folic acid; iron; fibre
- Vitamin E; copper; flavonoids, limonene

Breakfast Burner Smoothie

Superfood blueberries to stimulate your brain combine with a smooth selection of ingredients to settle your digestion and give you energy for the rest of the morning.

Ingredients:

3 oranges, halved

2 pieces (about 2.5 cm / 1 in cubes) peeled pineapple

½ banana

125 ml / 4 fl oz / ½ cup low-fat yogurt, frozen overnight, or low-fat yogurt
plus 4 ice cubes

35 g / 1¼ oz / ¼ cup blueberries

½ mango, peeled

How to do it:

Squeeze the juice from the oranges. Pour the juices into a blender or food processor, add all the remaining ingredients and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B2, B5, B6, B7, B12, C, beta-carotene; calcium, copper, magnesium, manganese, phosphate, potassium, zinc, fibre; flavonoids, iodine
- Vitamin B3, E, folic acid; iron
- Ellagic acid

Strawberry Soya Smoothie

Do something simple and to it well.

Ingredients:

150 ml / 5 fl oz / scant 2/3 cup soya milk

½ banana

125 ml / 4 fl oz / ½ cup low-fat yogurt, frozen overnight, or low-fat yogurt

plus 4 ice cubes

5 strawberries

How to do it:

Put all the ingredients in a blender or food processor and blend until smooth and creamy.

Nutrients:

- Vitamin A, C, folic acid; calcium, magnesium, manganese, phosphate, potassium
- Vitamin B1, B6, K; copper
- Vitamin B3, B5 ; fibre; selenium

Pistachio Cacao Smoothie

Make your own almond mil to use in this delicious smoothie

Ingredients:

225 g / 8 oz / 1¹/₃ cups almonds
2 squirts of clear honey (optional)
1½ bananas
125 ml / 4 fl oz / ½ cup low-fat yogurt, frozen overnight, or low-fat yogurt
plus 4 ice cubes
2 tbsp shelled pistachio nuts
1 tsp cacao nibs
3 ice cubes

How to do it:

To make the almond milk, soak the almonds in water overnight, then drain. Blend them with 1l / 35 fl oz / 4 cups fresh water, adding a little of the honey if you wish. Strain through a fine muslin-lined sieve, squeezing the pulp to extract as much almond milk as you can. (alternatively, use ready-made almond milk.) Put 90 ml / 3 fl oz / ¹/₃ cup almond milk into a blender or food processor, add all the remaining ingredients and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B2, B5, B6, B7, B12, C, beta-carotene; folic acid; calcium, copper, magnesium, manganese, phosphate, potassium, zinc; iodine
- Vitamin B3, E; iron; fibre
- Selenium

Cool Britannia Power Smoothie

Feel young and energetic as the tofu and fruit combo evens out hormone imbalances and fights those tell-tale signs of ageing.

Ingredients:

150 ml / 5 fl oz / scant $\frac{2}{3}$ cup soya milk

$\frac{1}{2}$ banana

125 ml / 4 fl oz / $\frac{1}{2}$ cup low-fat yogurt, frozen overnight, or low-fat yogurt
plus 4 ice cubes

75 g / $2\frac{1}{2}$ oz / $\frac{1}{2}$ cup frozen blueberries

150 g / $5\frac{1}{2}$ oz / $1\frac{1}{4}$ cups frozen raspberries

85 g / 3 oz silken tofu, cut into chunks

1 tsp chia seeds

How to do it:

Put all the ingredients, including the chia seeds booster, in a blender or food processor and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B5, B6, B7, C, folic acid; calcium, copper, iron, magnesium, manganese, phosphate, potassium, zinc; fibre; iodine
- Vitamin B12, E; beta-carotene; selenium
- Vitamin B3; ellagic acid, flavonoids, isoflavonoes

Goji Breakfast Smoothie

You will enjoy the mild, tangy flavor of goji berries, known for thousands of years for improving the eyesight, boosting the immune system and protecting the liver.

Ingredients:

150 ml / 5 fl oz / scant $\frac{2}{3}$ cup soya milk

$\frac{1}{2}$ banana

125 ml / 4 fl oz / $\frac{1}{2}$ cup soya yogurt, frozen overnight, or soya yogurt plus 4 ice cubes

1 squirt of clear honey

50 g / $1\frac{3}{4}$ / $\frac{1}{3}$ cup muesli

6 ice cubes

1 tbsp goji berries

How to do it:

Put all the ingredients, including the goji berries booster, in a blender or food processor and blend until smooth and creamy.

Nutrients:

- Vitamin B1, B2, B3, B5, B6, B7, C; calcium, copper, iron, magnesium, manganese, phosphate, potassium, zinc; fibre; iodine
- Vitamin B12, E; folic acid, beta-carotene
- Isoflavonoes; selenium

Mint Chip Champion

Ingredients:

1½ cups spinach, tightly packed
2 bananas, frozen
1 to 2 pitted Medjool dates
2 tablespoons mint leaves
1½ tablespoons cacao nibs
2 cups *cashew hemp milk* or nondairy milk of choice

How to do it:

Wash and prep all ingredients.
Blend till smooth and serve.

Cashew Hemp Milk Ingredients:

$\frac{2}{3}$ cups cashews, soaked for 2 hours
 $\frac{1}{4}$ cup shelled hemp seeds
2 to 3 pitted Medjool dates
 $\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla extract or the seeds of 1 vanilla bean, scraped
4 cups water

How to do *Cashew Hemp Milk*:

In a high-speed blender, blend all ingredients till totally smooth.
Store in an airtight container in the fridge for up to four days.