

KALE BLEND

Ingredients:

1 cup sliced apple
½ cup sliced radish
1 cup sliced pineapple
2 tbsp lemon juice
Honey to taste
Chia Seed (optional)

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



IMMUNE BURST JUICE

Ingredients:

1 cup sliced apple
½ cup sliced radish
1 cup sliced pineapple
2 tbsp lemon juice
Honey to taste
Chia Seed (optional)

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



BEETS BLENDS

Ingredients:

2 thumb size fresh beet roots
¼ thumb size ginger roots
3 tbsp lemon/ calamansi juice
Honey to taste
12 oz of Water
Ice

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



MULBERRY BLEND

Ingredients:

1 handful Mulberries
Half a handful of fresh mint leaves
Juice of ½ lemon
12 oz of water
Honey/Brown Sugar

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



HEALTHY JUICES & BLENDS

with Life-giving Nutrients



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GREEN BLENDS

Ingredients:

5 leaves of Saluyot
5 leaves Camote Tops
5 leaves Chili
2 tbsp Malunggay Leaves
1 cup sliced Pineapple
1 cup sliced Apple
500mL of Water

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



BLUE JUICE

Ingredients:

1 cup of butterfly pea flower
2 Lemon Juice
2 cups pine apple slice
1 liter Water
Honey or Brown Sugar to taste

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



TURMERIC BLENDS

Ingredients:

½ cup sliced cucumber
½ medium size apple
4 tbsp lemon juice
½ tsp powder turmeric
16 oz water
Honey to taste

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



RADDISH BLENDS

Ingredients:

1 cup sliced apple
½ cup sliced radish
1 cup sliced pineapple
2 tbsp lemon juice
Honey to taste
Chia Seed (optional)

Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.



RADDISH BLENDS

Ingredients:

1 cup Mint
1 tbsp Tarragon

1 tsp Turmeric Powder
1 thumb size fresh turmeric
2-3 liters of water
Brown Sugar or Honey
Lemon Juice

LEMON-GINGER JUICE

Ingredients:

1 cup Lemon Juice
1 tbsp Grated Ginger
1.5 liter of Water
Honey/ Brown Sugar to taste



Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.

CUCUMBER COOLERS

Ingredients:

1 cup sliced cucumber
1 cup sliced apple (peeled)
½ cup lemon juice
1 liter of water
Honey/ brown sugar



Procedure:

Put all the ingredients in the blender and blends. Put ice cubes and serve.

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Put all the ingredients in the blender and blends. Put ice cubes and serve.

