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Caribbean Tomato Juice Cocktail

Prep Time: 3 mins

Total Time: 3 mins

Servings: 2-3



Ingredients

2 cups unsweetened tomato juice, chilled

1/2 teaspoon celery salt

1 teaspoon Worcestershire sauce

1 teaspoon lemon juice

1/8 teaspoon white pepper

Juicing Vegetables

1/2 teaspoon sugar
2 -3 small celery ribs

Directions

1. Mix ingredients together in an airtight container or jar with lid aside from the celery ribs.
2. Place lid and shake vigorously until well blended.
3. Transfer into serving glasses and serve. Place celery ribs to serve as stirrers.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (15 g)		Total Fat 0.0g	0%
Servings Per Recipe: 2		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 3.2		Sugars 0.3 g	
Calories from Fat 0	80%	Sodium 27.8mg	1%
		Total Carbohydrate 0.8g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.3 g	1%
		Protein 0.0g	0%

Variations:

- Use homemade tomato juice, add in some hot peppers and use splenda instead of sugar.
- Use Tabasco, use sugar for sweetener, and omit the celery ribs.

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Apple Carrot Juice

Prep Time: 5 mins

Total Time: 10 mins

Yield: 1.25 cups



Ingredients

Juicing Vegetables

4 large carrots
2 sweet apples

Directions

1. Rinse carrots and apples, unpeel the carrots and remove the apple cores.
2. Place both the apple and carrots in the blender and pulse until well blended.
3. Transfer into drinking glasses.
4. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (652 g)		Total Fat 1.0g	1%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 245.8		Sugars 41.1 g	
Calories from Fat 9	84%	Sodium 161.8mg	6%
		Total Carbohydrate 62.2g	20%
		Dietary Fiber 13.4g	53%
		Sugars 41.1 g	164%
		Protein 2.9g	5%

Variations:

- Use more carrot and less apple, also add a bit of fresh ginger to add a kick.
- Use 10 baby carrots to one small gala apple with a dash of cinnamon and then add in about 5 ice cubes. Blend in a magic bullet.

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Spiced Tomato Juice (Good for Diabetic)

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 6

Juicing Vegetables



Ingredients

- 1 (46 ounce) cans reduced-sodium tomato juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon celery seed
- 1/2 teaspoon dried basil
- 1/4 tablespoon artificial sweetener
- 2 tablespoons wine vinegar

Directions

1. Combine ingredients together in a cup or glass and refrigerate for few hours.
2. Once chilled, add up Tabasco and drink. Enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (219 g)

Servings Per Recipe: 6

Amount Per Serving	% Daily Value
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Calories 38.4

Calories from Fat 1	74%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.1g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 7.7 g	
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Sodium 22.1mg	0%
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Total Carbohydrate 9.4g	3%
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Dietary Fiber 0.9g	3%
--------------------	----

Sugars 7.7 g	31%
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Protein 1.7g	3%
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Variations:

- Use 1 packet of stevia. Add up few drops of Tabasco.
- Use red wine vinegar, and also use onion salt for the onion powder.

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Homemade Tomato Juice

Prep Time: 25 mins

Total Time: 55 mins

Yield: 2 quarts



Ingredients

- 12 medium tomatoes, cored and cut into quarters
- 1/2 cup water
- 1/3 cup coarsely chopped onion
- 2 stalks celery, coarsely chopped
- 1 teaspoon minced fresh parsley

Juicing Vegetables

1 bay leaf
1 teaspoon salt
1/4 teaspoon paprika
1/4 teaspoon salt
1/4 teaspoon sugar

Directions

1. Incorporate the six initial ingredients together in a Dutch oven and heat at high heat until mixture boils.
2. Turn down heat and simmer covered for at least 30 minutes. Turn off heat and then pour the vegetable blend into the food mill.
3. Transfer into glasses and season it up with paprika, sugar and salt.
4. Place in the fridge and chill.
5. Once ready, serve with some ice cubes. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1738 g)		Total Fat 1.6g	2%
Servings Per Recipe: 1		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 153.0		Sugars 21.8 g	
Calories from Fat 14	52%	Sodium 1525.7mg	63%
		Total Carbohydrate 33.1g	11%
		Dietary Fiber 10.0g	40%
		Sugars 21.8 g	87%
		Protein 7.1g	14%

Variations:

- Use Vita-Mixer instead of the food mill and left out skins and fiber, use cherry tomatoes and some plum tomatoes.
- Use yellow tomatoes omit celery and use celery salt and dried parsley.

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Apple, Carrot and Ginger Juice

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1

Juicing Vegetables



Ingredients

- 1/4 inch fresh ginger
- 4 carrots, greens removed
- 2 apples, seed removed

Directions

1. Place ingredients in juicer and then transfer into drinking glasses.
2. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (608 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 243.5

Calories from Fat 9

% Daily Value

87%

Amount Per Serving

Total Fat 1.0g

Saturated Fat 0.1g

Cholesterol 0.0mg

Sugars 39.7 g

Sodium 171.1mg

Total Carbohydrate 61.4g

Dietary Fiber 13.4g

Sugars 39.7 g

Protein 2.9g

% Daily Value

1%

0%

0%

7%

20%

53%

159%

5%

Variations:

Juicing Vegetables

- Add up more ginger and use Brae burn apples.
- Add up more carrots than the apple and use lesser amount of ginger.

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Spring Cleanse Vegetable Juice - Juicer

Prep Time: 3 mins

Total Time: 3 mins

Servings: 4

Juicing Vegetables



Ingredients

- 4 carrots, greens discarded
- 1/2 cucumber
- 2 stalks celery
- 1 garlic clove
- 1/2 cup fresh parsley

Directions

1. Rinse all the ingredients and then place them all in a food processor or juicer. Process until well blended.
2. Pour into drinking glasses and serve.

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (126 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 37.2

Calories from Fat 2	76%
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Amount Per Serving	% Daily Value
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Total Fat 0.2g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 3.8 g	
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Sodium 63.1mg	2%
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Total Carbohydrate 8.5g	2%
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Dietary Fiber 2.4g	9%
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Sugars 3.8 g	15%
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Protein 1.2g	2%
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Variations:

- Reduce parsley and garlic; unpeel cucumbers before adding it up to the juicer.

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Homemade V8 Juice (Raw Recipe)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2-3



Ingredients

- 6 medium carrots
- 1 small beet
- 3 large tomatoes
- 2 cups Baby Spinach
- 1/4 head cabbage
- 1 habanero pepper
- 1 red bell pepper
- 1 green bell pepper

Juicing Vegetables

3 stalks celery
1/4 sweet onion
1/2 garlic clove
3 kale leaves
Chili pepper
Sea salt

Directions

1. Combine all the ingredients together in a juicer and then process until well mixed.
2. Pour into drinking glasses and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (560 g)		Total Fat 1.7g	2%
Servings Per Recipe: 2		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 226.0		Sugars 28.4 g	
Calories from Fat 15	85%	Sodium 258.1mg	10%
		Total Carbohydrate 49.9g	16%
		Dietary Fiber 16.2g	64%
		Sugars 28.4 g	113%
		Protein 8.9g	17%

Variations:

- Lessen the spinach and kale; add up Judi's seasoning salt and lemon.
- Use 2 small carrots, 1 medium tomato and 4 cherry tomatoes, 1 medium celery stalk, ¼ of an orange pepper, a handful of fresh parsley and cilantro. Also add up Judi's seasoning salt.

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Let's Go Green Fruit and Vegetable Juice

Prep Time: 4 mins

Total Time: 4 mins

Servings: 1

Juicing Vegetables



Ingredients

- 1 pear
- 4 celery ribs
- 1 parsnip
- 1 cucumber
- 1 stalk broccoli, stem and florets

Directions

1. Rinse all the ingredients with cold water.
2. Do not unpeel the cucumber and parsnip.
3. Place all ingredients in the juicer.
4. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (842 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 204.1

Calories from Fat 7	87%
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Amount Per Serving	% Daily Value
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Total Fat 0.8g	1%
----------------	----

Saturated Fat 0.1g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 30.4 g	
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Sodium 136.3mg	5%
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Total Carbohydrate 51.2g	17%
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Dietary Fiber 11.2g	44%
---------------------	-----

Sugars 30.4 g	121%
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Protein 3.9g	7%
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Variations:

- Omit the parsnip and use only half of the cucumber, use 1 pear, 1 celery, ½ cup broccoli and a little bit honey and water.
- Omit the broccoli, and add up more pears to increase sweetness.

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Spicy Cleansing Juice

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1



Ingredients

- 1/4 pineapple
- 1/4 cup parsley
- 1/4 inch gingerroot
- 1 beet
- 1 apple
- 2 carrots, no green tops

Directions

Juicing Vegetables

1. Rinse every ingredient and cut up into chunks just enough to fit into the hopper and compress.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (595 g)		Total Fat 1.0g	1%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 276.1		Sugars 50.0 g	
Calories from Fat 9	35%	Sodium 119.9mg	4%
		Total Carbohydrate 70.3g	23%
		Dietary Fiber 11.8g	47%
		Sugars 50.0 g	200%
		Protein 3.9g	7%

Variations:

- Double the carrots and omit the beets.
- Replace apple with pear or mango.

Juicing Vegetables

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Tastes Like" V-8 Juice

Prep Time: 5 mins

Total Time: 25 mins

Yield: 10-12 juice glasses



Ingredients

48 ounces plain tomato juice

1 1/4 teaspoons Old Bay Seasoning

Directions

- 1. Incorporate both ingredients and place in the fridge to chill.
- 2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1398 g)		Total Fat 0.0g	0%
Servings Per Recipe: 1		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 23.7		Sugars 4.9 g	
Calories from Fat 0	65%	Sodium 376.0mg	15%
		Total Carbohydrate 5.9g	1%
		Dietary Fiber 0.5g	2%
		Sugars 4.9 g	19%
		Protein 1.0g	2%

Variations:

- Add up some hot sauce and lemon juice.

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Liver Cleansing Juice Drink

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1



Juicing Vegetables

Ingredients

2 organic apples, cored
5 organic carrots
1 small organic lemon
1/2 cup dandelion greens
1 ounce fresh beet

Directions

1. Slice ingredients before placing them in the juicer.
2. Pour into glasses and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (755 g)		Total Fat 1.7g	2%
Servings Per Recipe: 1		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 315.1		Sugars 45.8 g	
Calories from Fat 15	55%	Sodium 259.3mg	10%
		Total Carbohydrate 84.2g	28%
		Dietary Fiber 21.7g	87%
		Sugars 45.8 g	183%
		Protein 6.0g	12%

Variations:

- Add up an extra lemon and add a bit of sugar, Splenda or honey
- Omit lemon and juice half a lime juice. Place ingredients in the juicer in this order to get the most optimal juice, first apple, dandelions, second apple, beetroot, carrots and then your lemon.

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Mean Green Cucumber Juice

Prep Time: 10 mins

Total Time: 20 mins

Serves: 8, Yield: 1 quart

Juicing Vegetables



Ingredients

2 English cucumbers
3/4 cup sugar
2 cups water
Lime wedge
Vodka

Directions

1. Unpeel the cucumbers, and reserve the peelings.
2. Shred cucumber pulp. Set aside
3. For the meantime, place water and sugar in a saucepan and heat at high setting until the mixture boils, and sugar is completely liquefied.
4. Add up shredded cucumber and let mixture simmer until the cucumber is soft for about 10 minutes.
5. Turn off heat and let cool.
6. Meanwhile puree saved cucumber peelings in a blender, add up cucumber syrup, and vodka. Process until frothy.
7. Place cheesecloth in a strainer over a small bowl. Pour mixture into the strainer lined with cheesecloth to strain.
8. Collect ends of the cheese cloth and squeeze to collect all the juice. Refrigerate until chilled for at least 1 hour.
9. Transfer into drinking glasses and garnish with lemon wedges. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (161 g)

Servings Per Recipe: 8

Amount Per Serving

% Daily Value

Calories 83.8

Calories from Fat 0

58%

Amount Per Serving

% Daily Value

Total Fat 0.0g

0%

Saturated Fat 0.0g

0%

Cholesterol 0.0mg

0%

Sugars 19.9 g

Sodium 3.4mg

0%

Total Carbohydrate 21.4g

7%

Dietary Fiber 0.3g

1%

Sugars 19.9 g

79%

Protein 0.4g

0%

Variations:

- Use club soda instead of water, and left out the peels and vodka.

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Carrot Cucumber Juice

Prep Time: 2 mins

Total Time: 2 mins

Servings: 1



Ingredients

- 2 large carrots, rinsed, topped and tailed
- 1 medium cucumber, rinsed

Directions

1. Place the vegetables in a juicer.
2. Pour into drinking glasses, mix and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (445 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 104.1

Calories from Fat 6

87%

Amount Per Serving

% Daily Value

Total Fat 0.6g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 11.8 g

Sodium 105.3mg

4%

Total Carbohydrate 24.7g

8%

Dietary Fiber 5.5g

22%

Sugars 11.8 g

47%

Protein 3.3g

6%

Variations:

- Adjust the amount, using 1/2 cucumber and 2 carrots.
- Add up and apple.

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Sweet Morning Eye-Opener Fruit and Vegetable Juice

Prep Time: 4 mins

Total Time: 4 mins

Servings: 1



Ingredients

- 2 carrots
- 1 red apple
- 1 inch fresh ginger, peeled 1-inch square

Directions

Juicing Vegetables

1. Rinse the apples and carrots thoroughly, don't unpeel.
2. Unpeel ginger and then juice up all the ingredients.
3. Transfer into glasses and mix.
4. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (304 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
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Calories 144.6

Calories from Fat 5	73%
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Amount Per Serving	% Daily Value
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Total Fat 0.6g	0%
----------------	----

Saturated Fat 0.1g	0%
--------------------	----

Cholesterol 0.0mg	0%
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Sugars 24.6 g	
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Sodium 86.0mg	3%
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Total Carbohydrate 36.8g	12%
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Dietary Fiber 7.7g	31%
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Sugars 24.6 g	98%
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Protein 1.6g	3%
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Beauty Bonanza Juice (Cucumber, Avocado, Lemon)

Prep Time: 3 mins

Total Time: 3 mins

Servings: 1



Ingredients

- 2 cucumbers, peeled
- 1 lemon, peeled
- 1 avocado, peeled and seeded

Juicing Vegetables

Directions

1. Juice up all the ingredients.
2. Mix and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (861 g)		Total Fat 30.3g	46%
Servings Per Recipe: 1		Saturated Fat 4.5g	22%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 428.7		Sugars 12.8 g	
Calories from Fat 272	63%	Sodium 27.2mg	1%
		Total Carbohydrate 44.4g	14%
		Dietary Fiber 18.1g	72%
		Sugars 12.8 g	51%
		Protein 8.5g	17%

Variations:

- Juice the cucumber & lemon and then pour into the blender, add up the avocado and process until smooth.
- Juice ingredients with a bit of spring water. Add up some sea salt and remove seeds and pith of the lemon.

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Any time of Year Spring Clean Juice

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



Ingredients

Juicing Vegetables

1 small beetroot
1 granny smith apple
1 medium carrot or 3 baby carrots
1 celery stalk
1 bunch grapes
4 ounces pineapple
1 piece fresh ginger

Directions

1. Place all the ingredients in a juicer and then pour into serving glasses.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (572 g)		Total Fat 1.2g	1%
Servings Per Recipe: 1		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 439.6		Sugars 90.7 g	
Calories from Fat 11	62%	Sodium 122.6mg	5%
		Total Carbohydrate 113.8g	37%
		Dietary Fiber 11.6g	46%
		Sugars 90.7 g	363%
		Protein 5.3g	10%

Variations:

- Use 2 cups of grapes and use medium sized beet. Use 1 large apple.
- Use black seedless grapes.

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Vegetable Smoothie

Prep Time: 10 mins

Total Time: 40 mins

Servings: 4

Juicing Vegetables



Ingredients

- 2 cups tomato juice
- 1/2 cup chopped red bell pepper
- 1/2 cup peeled and chopped cucumber
- 3 tablespoons lemon juice
- 2 tablespoons chopped scallions
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/4 teaspoon hot pepper sauce

Directions

1. Incorporate all the ingredients in a blender and beat at high speed for at least 3 minutes until frothy and smooth.
2. Refrigerate for about 30 minutes or more.
3. Transfer into serving glasses and enjoy!

NUTRITION FACTS

Serving Size: 1 (171 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 33.5	
Calories from Fat 1	75%

Amount Per Serving	% Daily Value
Total Fat 0.1g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 5.9 g	
Sodium 508.9mg	21%
Total Carbohydrate 8.6g	2%
Dietary Fiber 1.0g	4%
Sugars 5.9 g	23%
Protein 1.3g	2%

Variations:

- Cut the tomatoes and remove the seeds use yellow pepper and some dried minced onion and 1 tbsp. lemon juice.
- Use vegan Worcestershire sauce and use Knudsen's vegetable juice blend.

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Juice Alpokat (Indonesian Avocado Drink)

Prep Time: 15 mins

Total Time: 20 mins

Servings: 2



Ingredients

5 tablespoons sugar

5 tablespoons water

2 avocados

1/2 cup cold milk

1 cup chocolate milk

1/2 cup crushed ice

Directions

Juicing Vegetables

1. Incorporate water and sugar in a small saucepan and heat at moderate to extreme heat until mixture turns into syrup consistency while mixing.
2. Turn off heat and allow mixture to cool.
3. Place avocado flesh into the blender and then pour in the syrup and milk. Process until smooth.
4. Pour into serving glasses and serve with chocolate milk on top with some crushed ice.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (514 g)		Total Fat 35.9g	55%
Servings Per Recipe: 2		Saturated Fat 8.2g	41%
Amount Per Serving	% Daily Value	Cholesterol 23.5mg	7%
Calories 586.2		Sugars 44.7 g	
Calories from Fat 323	55%	Sodium 120.8mg	5%
		Total Carbohydrate 64.4g	21%
		Dietary Fiber 14.4g	57%
		Sugars 44.7 g	178%
		Protein 9.9g	19%

Variations:

- Instead of milk & Chocolate milk, just use condensed milk & crushed ice omit water and add up 1 tsp. of instant coffee powder.

Juicing Vegetables

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Cool & Light Juice

Prep Time: 2 mins

Total Time: 2 mins

Servings: 2



Juicing Vegetables

Ingredients

- 2 large cucumbers, peeled
- 2 large carrots, rinsed, topped and tailed
- 1 sweet apple, rinsed and stems removed)
- 1/2 lemon, peeled

Directions

1. Juice up all ingredients together.
2. Pour into drinking glasses and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (478 g)

Servings Per Recipe: 2

Amount Per Serving

Calories 126.2

Calories from Fat 6

% Daily Value

99%

Amount Per Serving

% Daily Value

Total Fat 0.7g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 18.2 g

Sodium 56.9mg

2%

Total Carbohydrate 31.7g

10%

Dietary Fiber 6.1g

24%

Sugars 18.2 g

73%

Protein 3.0g

6%

Variations:

- Double the recipe and use 3 apples.

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Gingered Vegetable Juice

Prep Time: 15 mins

Total Time: 15 mins

Servings: 1

Juicing Vegetables



Ingredients

- 5 carrots
- 1 apple
- 1/2 inch fresh ginger

Directions

1. Juice up ingredients using an electric juicer.
2. Transfer into serving glasses and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (487 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 219.6

Calories from Fat 9

% Daily Value

26%

Amount Per Serving

Total Fat 1.0g

Saturated Fat 0.1g

Cholesterol 0.0mg

Sugars 33.3 g

Sodium 212.2mg

Total Carbohydrate 54.3g

Dietary Fiber 12.9g

Sugars 33.3 g

Protein 3.3g

% Daily Value

1%

0%

0%

8%

18%

51%

133%

6%

Juicing Vegetables

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Apple, Carrot, Pineapple & Ginger Juice

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1

Juicing Vegetables



Ingredients

- 1 apple, seeds removed and quartered
- 3 carrots, greens removed
- 3 inches pineapple slices, with skin
- 1/4 inch fresh ginger

Directions

1. Place ingredients in a juicer to juice them up.
2. Pour into drinking glasses and serve.

NUTRITION FACTS

Serving Size: 1 (365 g)
Servings Per Recipe: 1

Amount Per Serving	% Daily Value
Calories 169.6	
Calories from Fat 6	97%

Amount Per Serving	% Daily Value
Total Fat 0.7g	1%
Saturated Fat 0.1g	0%
Cholesterol 0.0mg	0%
Sugars 27.5 g	
Sodium 128.0mg	5%
Total Carbohydrate 42.6g	14%
Dietary Fiber 9.4g	37%
Sugars 27.5 g	110%
Protein 2.1g	4%

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Green Day Juice

Prep Time: 5 mins

Total Time: 5 mins

Yield: 1-2



Ingredients

- 6 large spinach leaves
- 1 handful parsley
- 2 stalks celery
- 4 large carrots, peeled

Directions

Juicing Vegetables

- 1. Place all the ingredients in a juicer.
- 2. Transfer into drinking glasses and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (428 g)		Total Fat 1.0g	1%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 144.6		Sugars 15.3 g	
Calories from Fat 9	59%	Sodium 310.1mg	12%
		Total Carbohydrate 32.1g	10%
		Dietary Fiber 10.6g	42%
		Sugars 15.3 g	61%
		Protein 4.9g	9%

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Carrot-Orange Juice

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



Ingredients

1 1/2 cups fresh carrot juice or 1 1/2 cups bottled carrot juice, chilled

2/3 cup fresh-squeezed orange juice

1/2 inch thick slice peeled fresh ginger

Juicing Vegetables

Directions

1. Combine the orange juice and carrot juice in a small bowl.
2. Place the garlic in a garlic press and crush to fill up ½ tsp.
3. Mix the squeezed ginger into the juice blend and then serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (259 g)		Total Fat 0.4g	0%
Servings Per Recipe: 2		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 108.0		Sugars 13.8 g	
Calories from Fat 3	58%	Sodium 52.1mg	2%
		Total Carbohydrate 25.0g	8%
		Dietary Fiber 1.5g	6%
		Sugars 13.8 g	55%
		Protein 2.2g	4%

Variations:

- Use 2 navel oranges and 6 carrots for the juice, plus the ginger.

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Frothy Melon Juice

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2-3, Yield: 2.0 large glasses



Ingredients

Juicing Vegetables

1/2 ripe cantaloupe, skin and seeds removed

4 -5 oranges, peeled

1 piece ginger, peeled

1 small cucumber or 2 baby cucumbers

Directions

1. Place all the ingredients in a juicer over low setting.
2. Pour into serving glasses and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (367 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 192.6

Calories from Fat 6

45%

Amount Per Serving

% Daily Value

Total Fat 0.7g

1%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 37.8 g

Sodium 25.0mg

1%

Total Carbohydrate 47.5g

15%

Dietary Fiber 8.2g

33%

Sugars 37.8 g

151%

Protein 4.6g

9%

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Kale Carrot and Apple Calcium Booster Juice for Juicer

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1

Juicing Vegetables



Ingredients

- 2 kale leaves
- 2 celery ribs
- 1/3 cup parsley
- 3 carrots
- 1 apple, seeds and stem removed

Directions

1. Rinse the ingredients and then cut into pieces, for easier juicing.
2. Place into drinking glasses and serve. Enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (465 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 189.6

Calories from Fat 9

% Daily Value

93%

Amount Per Serving

Total Fat 1.0g

Saturated Fat 0.1g

Cholesterol 0.0mg

Sugars 29.2 g

Sodium 203.2mg

Total Carbohydrate 46.3g

Dietary Fiber 11.4g

Sugars 29.2 g

Protein 3.3g

% Daily Value

1%

0%

0%

8%

15%

45%

116%

6%

Variations:

- Put the greens first in the juicer followed with the celery apple and carrots.
- Use spinach in place of kale

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Salad in a Glass (Juice)

Prep Time: 3 mins

Total Time: 3 mins

Serves: 2, Yield: 2 cups



Ingredients

1/2 head romaine lettuce

1 tomato

2 celery ribs

1 carrot, topped

1 small red bell pepper

Juicing Vegetables

Directions

1. Juice ingredients all together. Season with salt and pepper.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (325 g)		Total Fat 0.8g	1%
Servings Per Recipe: 2		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 68.0		Sugars 7.2 g	
Calories from Fat 7	11%	Sodium 70.1mg	2%
		Total Carbohydrate 13.8g	4%
		Dietary Fiber 6.3g	25%
		Sugars 7.2 g	28%
		Protein 3.3g	6%

Variations:

- Use kale in place of romaine lettuce.

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Tomato-Vegetable Cocktail

Prep Time: 10 mins

Total Time: 10 mins

Servings: 3



Ingredients

2 cups tomato juice

1/2 teaspoon salt

Juicing Vegetables

2 tablespoons lemon juice
1 teaspoon Worcestershire sauce
4 ice cubes
1 stalk celery, sliced
1 raw carrot, sliced
1 slice onion

Directions

1. Combine all ingredients together in a blender aside from the ice cubes.
2. Process until smooth at high setting.
3. Add in ice cubes one by one while processing.
4. Serve and enjoy! Serve after ice cubes are crushed.

NUTRITION FACTS

Serving Size: 1 (241 g)

Servings Per Recipe: 3

Amount Per Serving

% Daily Value

Calories 43.5

Calories from Fat 1

30%

Amount Per Serving

% Daily Value

Total Fat 0.1g

0%

Saturated Fat 0.0g

0%

Cholesterol 0.0mg

0%

Sugars 7.5 g

Sodium 867.3mg

36%

Total Carbohydrate 10.9g

3%

Dietary Fiber 1.5g

6%

Sugars 7.5 g

30%

Protein 1.5g

3%

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Quarterback Sneak-Y Martini (Beer 'n Tomato Juice Cocktail)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2

Juicing Vegetables



Ingredients

- 1 (12 ounce) cold beer, I use Budweiser
- 1/4 cup spicy vegetable juice
- 1 dash celery salt
- 1 dash Louisiana hot sauce, for the brave
- 1 dash Worcestershire sauce, 1 drop
- 1 dash pepper
- 2 green onions, for stirrers
- 2 celery ribs, with leafy tops for stirrers

Directions

1. Pour beer in a martini shaker or pitcher. Add in the tomato juice and stir.
2. Add up 1 dash of Worcestershire sauce and a drop of hot sauce.
3. Add up the ice cubed and twirl until mixture is cooled.
4. Gently transfer into serving glasses.
5. Dust with celery pepper and salt.
6. Put green onions and then put the celery sticks to serve as mixers
7. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (263 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
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Calories 93.7

Calories from Fat 1	24%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.1g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 2.0 g	
--------------	--

Sodium 104.5mg	4%
----------------	----

Total Carbohydrate 10.0g	3%
--------------------------	----

Dietary Fiber 1.2g	5%
--------------------	----

Sugars 2.0 g	8%
--------------	----

Protein 1.5g	3%
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Variations:

- Use equal amounts of beer and juice....about 12 oz. worth. Leave out the extra salt and pepper and use the Taste's like V-8 juice for the V-8.

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Metabolism Booster/ Hot N Spicy V-8

Prep Time: 2 mins

Total Time: 2 mins

Servings: 6-8



Ingredients

- 1 (46 ounce) cans vegetable juice
- 2 teaspoons Tabasco sauce
- 2 teaspoons Frank's red hot sauce
- 1/4 cup lemon juice
- 1 tablespoon vinegar
- 1/2 teaspoon celery salt
- 1/4 teaspoon chili powder

Juicing Vegetables

1/4 teaspoon garlic powder

1/4 teaspoon black pepper

1/2 teaspoon horseradish

Directions

1. Combine all the ingredients in a glass or plastic pitcher.
2. Place in the fridge to cool.
3. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (175 g)		Total Fat 0.2g	0%
Servings Per Recipe: 6		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 45.5		Sugars 7.5 g	
Calories from Fat 2	13%	Sodium 485.1mg	20%
		Total Carbohydrate 10.8g	3%
		Dietary Fiber 1.8g	7%
		Sugars 7.5 g	30%
		Protein 1.4g	2%

Variations:

- Use a 46 oz. of tomato juice instead of generic V8, use 1 tsp. of Frank's and double the horseradish
- Add up more Tabasco and a little more horseradish.

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Cucumber Drink A.k.a Cuke Juice

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 2 small glasses

Juicing Vegetables



Ingredients

- 1/3 cucumber
- 1 cup water
- 1 tablespoon honey or 1 tablespoon stevia, equivalent
- 5 ice cubes

Directions

1. Place ingredients in a blender and process until smooth.
2. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (232 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 39.4

Calories from Fat 0	36%
---------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.0g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 9.4 g	
--------------	--

Sodium 29.7mg	1%
---------------	----

Total Carbohydrate 10.4g	3%
--------------------------	----

Dietary Fiber 0.2g	1%
--------------------	----

Sugars 9.4 g	37%
--------------	-----

Protein 0.3g	0%
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Variations:

- Do not add any sweetener
- Peel the cucumber and use English cucumber and also use spring water & creamed honey.

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Tomato, Apple and Celery Juice

Prep Time: 2 mins

Total Time: 4 mins

Serves: 1, Yield: 1 juice drinks



Ingredients

- 3 tomatoes
- 1 celery rib
- 3 cm ginger
- 1 large apple

Juicing Vegetables

Ice cube

1 celery & leaves

Directions

1. Press the tomatoes, followed by celery, and then ginger and lastly the apple in a juicer.
2. Pour into drinking glasses, place ice cubes and then the celery stick.
3. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (693 g)

Servings Per Recipe: 1

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 195.1

Calories from Fat 11 76%

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 1.2g 1%

Saturated Fat 0.2g 1%

Cholesterol 0.0mg 0%

Sugars 34.3 g

Sodium 84.6mg 3%

Total Carbohydrate 47.5g 15%

Dietary Fiber 11.0g 44%

Sugars 34.3 g 137%

Protein 4.3g 8%

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Get Moving Juice (Carrot, Apple and Ginger)

Prep Time: 15 mins

Total Time: 15 mins

Serves: 1, Yield: 8 oz.



Juicing Vegetables

Ingredients

- 2 medium carrots
- 1 medium apple
- 1 inch fresh gingerroot

Directions

1. Rinse carrots and then cut the end parts.
2. Also wash the apples and then remove the center and seeds. Slice into segments.
3. Cut up the ginger and chop.
4. Place every ingredient in the electric juicer.
5. Pour into drinking glasses and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (304 g)		Total Fat 0.6g	0%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 144.6		Sugars 24.6 g	
Calories from Fat 5	73%	Sodium 86.0mg	3%
		Total Carbohydrate 36.8g	12%
		Dietary Fiber 7.7g	31%
		Sugars 24.6 g	98%
		Protein 1.6g	3%

Variations:

- use Granny smith apples and use six carrots

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Super Pineapple, Orange, Carrot Juice

Prep Time: 3 mins

Total Time: 3 mins

Serves: 1, Yield: 1.5 cups

Juicing Vegetables



Ingredients

- 1/3 pineapple, skinned
- 1 orange, peeled
- 2 large carrots, topped and tailed
- 1/2 lime, peeled

Directions

1. Place everything in the juicer.
2. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (610 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 281.3

Calories from Fat 8

% Daily Value

97%

Amount Per Serving

Total Fat 0.9g

Saturated Fat 0.1g

Cholesterol 0.0mg

Sugars 49.3 g

Sodium 103.0mg

Total Carbohydrate 72.2g

Dietary Fiber 12.3g

Sugars 49.3 g

Protein 4.4g

% Daily Value

1%

0%

0%

4%

24%

49%

197%

8%

Variations:

- Add up apple juice, use Jack Lalanne power juicer and peel the lime.
- Put 2 cups pineapple juice, 1 cup orange juice, 2 medium handfuls of baby carrots and the juice of two small limes

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Carrot Beet Juice

Prep Time: 10 mins

Total Time: 13 mins

Serves: 2, Yield: 2 cups



Ingredients

- 6 -8 medium carrots
- 1/2 medium beet

Directions

1. Juice first the half of the carrots and then the beet.

Juicing Vegetables

2. Juice the rest of carrots and combine with the initial carrot juice and beet juice.
3. Mix and then transfer into drinking glasses and serve.
4. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (195 g)		Total Fat 0.4g	0%
Servings Per Recipe: 2		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 80.5		Sugars 9.6 g	
Calories from Fat 4	14%	Sodium 135.9mg	5%
		Total Carbohydrate 18.7g	6%
		Dietary Fiber 5.3g	21%
		Sugars 9.6 g	38%
		Protein 1.9g	3%

Variations:

- Use 7 carrots and 2 beets.
- Add up about a 2-inch piece of gingerroot to the juicer.

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Detoxifying Paradise Juice

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



Ingredients

8 ounces grapefruit juice

1/2 cup papaya, chunks

Juicing Vegetables

3/4 cup pineapple chunk

1 pinch chopped fresh parsley leaves

Directions

1. Combine all the ingredients in a blender or magic bullet and process until smooth.
2. Pour into drinking glasses and serve.

NUTRITION FACTS

Serving Size: 1 (253 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 117.8

Calories from Fat 2 90%

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.2g 0%

Saturated Fat 0.0g 0%

Cholesterol 0.0mg 0%

Sugars 26.8 g

Sodium 3.2mg 0%

Total Carbohydrate 29.4g 9%

Dietary Fiber 1.5g 6%

Sugars 26.8 g 107%

Protein 1.2g 2%

Variations:

- Use mango instead of papaya.

Juicing Vegetables

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Good Morning Delight Juice (Carrot, Berries and Apple)

Prep Time: 2 mins

Total Time: 2 mins

Servings: 1



Juicing Vegetables

Ingredients

- 1 large carrot, washed and edges removed
- 1 medium Red Delicious apple, washed and cored
- 1 pint fresh strawberries, washed

Directions

1. Place everything in the juicer.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (611 g)		Total Fat 1.5g	2%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 238.4		Sugars 39.7 g	
Calories from Fat 13	85%	Sodium 55.0mg	2%
		Total Carbohydrate 59.4g	19%
		Dietary Fiber 13.5g	54%
		Sugars 39.7 g	159%
		Protein 3.5g	7%

Variations:

- Use frozen strawberries instead of fresh

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Replenishing Green Juice (For Your Juicer)

Prep Time: 3 mins

Total Time: 6 mins

Serves: 1, Yield: 1 glass

Juicing Vegetables



Ingredients

- 2 apples (cored and sliced to fit into your juicer)
- Half of a cucumber
- 2 cm piece ginger

Directions

1. Juice up the ingredients.
2. Transfer into drinking glasses and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (1267 g)

Servings Per Recipe: 1

Amount Per Serving % Daily Value

Calories 189.2

Calories from Fat 5 94%

Amount Per Serving

% Daily Value

Total Fat 0.6g 0%

Saturated Fat 0.1g 0%

Cholesterol 0.0mg 0%

Sugars 37.8 g

Sodium 3.6mg 0%

Total Carbohydrate 50.2g 16%

Dietary Fiber 8.7g 34%

Sugars 37.8 g 151%

Protein 0.9g 1%

Variations:

- Use pear instead of apples.

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Fortifying Beverage

Prep Time: 5 mins

Total Time: 5 mins

Serves: 4, Yield: 4 cups



Ingredients

3 cups unsweetened pineapple juice

2 cups finely chopped fresh parsley

1 tablespoon oil

Juicing Vegetables

Directions

1. Combine all the ingredients in a food processor or blender and pulse until frothy and smooth.
2. Pour into drinking glasses and serve.

NUTRITION FACTS

Serving Size: 1 (221 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 140.2

Calories from Fat 34

24%

Amount Per Serving

% Daily Value

Total Fat 3.8g

5%

Saturated Fat 0.4g

2%

Cholesterol 0.0mg

0%

Sugars 18.9 g

Sodium 20.5mg

0%

Total Carbohydrate 26.0g

8%

Dietary Fiber 1.3g

5%

Sugars 18.9 g

75%

Protein 1.5g

3%

Variations:

- Use canned crush pineapple and a bit of water along with the parsley and unrefined extra virgin olive oil.

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Non-alcoholic Bloody Mary

Prep Time: 3 mins

Total Time: 3 mins

Servings: 1



Juicing Vegetables

Ingredients

6 ounces V8 vegetable juice
1/2 ounce lemon juice
1 dash Worcestershire sauce
1 dash Tabasco sauce
1/4 teaspoon horseradish

Directions

1. Place all the ingredients in a drinking glass mix. Place ice and décor with lemon slices and celery sticks.
2. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (185 g)		Total Fat 0.1g	0%
Servings Per Recipe: 1		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 36.6		Sugars 6.0 g	
Calories from Fat 1	92%	Sodium 467.9mg	19%
		Total Carbohydrate 9.1g	3%
		Dietary Fiber 1.4g	5%
		Sugars 6.0 g	24%
		Protein 1.1g	2%

Variations:

- Use tomato juice, 1 table spoon Tabasco, lime juice, Worcestershire sauce, celery salt, black pepper, salt, ice, 2 green olives, 4 mini wieners on tooth picks and a butter knife to mix for the proper effect and taste
- Add up more horseradish and celery salt, as well as a few more dashes of Tabasco.

Juicing Vegetables

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Light and Tangy Twister

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2

Juicing Vegetables



Ingredients

- 2 cups vegetable juice
- 1/3 cup orange juice
- 1/4 cup grapefruit juice
- 2 teaspoons honey

Directions

1. Incorporate the honey with the juices in a glass or plastic pitcher. Stir to mix.
2. Place ice cubes to cool it up.
3. Serve and enjoy!

Juicing Vegetables

NUTRITION FACTS

Serving Size: 1 (321 g)

Servings Per Recipe: 2

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 97.6

Calories from Fat 2	40%
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Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.3g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 19.9 g	
---------------	--

Sodium 654.4mg	27%
----------------	-----

Total Carbohydrate 23.8g	7%
--------------------------	----

Dietary Fiber 2.0g	8%
--------------------	----

Sugars 19.9 g	79%
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Protein 1.9g	3%
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Variations:

- Juice the orange and grapefruits first and then add up the vegetables (carrots, cabbage, and ginger) combine and then add up agave to sweeten.

Juicing Vegetables

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