



SLOW JUICER RECIPE BOOKLET

HEALTHY
EFFICIENT
EASY TO CLEAN

**20 HEALTHY
JUICING
RECIPES**



introduction

Fresh juices are nature's own nutrient-packed thirst quenchers, cleansers and tonics. When you add fresh squeezed fruits and vegetables to your daily diet, you begin to create an excellent health regime that will help you to live healthier, stronger and longer. Fresh juice is an excellent source of vitamins, minerals, enzymes, purified water, proteins, carbohydrates and chlorophyll that your body needs to absorb every day.

Because fresh juice from a juicer is in a liquid form, it supplies nutrition to the body that is not wasted to fuel its own digestion like it does with whole fruits, vegetables and leafy greens. Juicing is not only good for the development and maintenance of your entire body, but it's also very easy to do. Simply place your fresh fruit, vegetable or leafy greens into the slow juicer and watch your fresh juice come out immediately! You'll experience first-hand the difference between store-bought juice and fresh healthy goodness.

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vegetable juice

CARROT JUICE

A very basic vegetable juice that is perfect to begin your journey into juicing. It's creamy texture and vibrant color is not only delicious but will also add a healthy glow to your skin. Carrot Juice will also help to boost your energy level and support your immune system.



INGREDIENTS:

5 MEDIUM SIZED CARROTS,
PEELED AND CUT INTO 2-INCH PIECES

helpful hints

If the straight taste of carrot isn't to your liking, you can kick up the taste with either a green apple or 1-inch piece of ginger.

TWISTED TOMATO

Celery and tomatoes are a natural combination when juicing, however it is the hint of ginger that makes this drink a delightful surprise.



INGREDIENTS:

6 TOMATOES, CUT INTO 2-INCH PIECES
2 STICK CELERY, CUT INTO 2-INCH PIECES
1-INCH GINGER ROOT, PEELED

did you know?

Fresh tomato juices can help with stimulating circulation. It also tastes best when served at room temperature.

CLASSIC VEGETABLE COMBO

Why not take two of the most appetizing vegetable juices and combine them for a delicious and nutritious drink.



INGREDIENTS:

6 TOMATOES, CUT INTO 2-INCH PIECES
3 CARROTS, PEELED AND CUT INTO 2-INCH PIECES
1 LIME, CUT IN HALF
MINT FOR GARNISH

helpful hints

Lime and mint are commonly used together for their vibrant taste, but limes also possess a cleansing element when juiced.

CRUNCHY CARROT

The lift of lime combined with the tangy taste of the celery adds a unique flavor to this already tasty carrot juice.



INGREDIENTS:

4 CARROTS, PEELED CUT INTO 2-INCH PIECES
2 STICKS CELERY, CUT INTO 2-INCH PIECES
1 LIME, CUT IN HALF
MINT, FOR GARNISH

buying tip

When buying celery, choose firm, bright green stalks with fresh green leaves. You can keep your celery refrigerated for up to 1 week.

fruit juice

THE ORIGINAL ORANGE JUICE

Freshly juiced oranges taste so much better than anything from a carton. Nothing can compare to the taste of a glass of fresh orange juice made in a slow juicer, it is the perfect start to any morning.



INGREDIENTS:

4 ORANGES, PEELED CUT INTO SMALL PIECES

BLUSHED APPLE

If the beautiful sunset color doesn't make this drink appealing, then the first taste certainly will. The crisp taste of apples mixed with the delightful taste of strawberries and nectarine will make this your all-time favorite drink.



INGREDIENTS:

3 APPLES, CUT INTO 2-INCH PIECES
1 NECTARINE, PEELED AND CUT INTO 2-INCH PIECES
8 STRAWBERRIES, WAASHED AND CUT IN HALF

did you
know?

We all know orange juice is the best cure for the common cold, but drinking orange juice can also help with other common ailments like fatigue, cold sores, dry skin, sunburn and stress just to name a few.

quick
tip

If you want a little more “bite” to your Blushed Apple, you can use a tangy apple like a Granny Smith.

RASPBERRY GRAPE DRINK

This is another fresh fruit juice that looks almost as good as it tastes. Freshly squeezed grape juice has more of a tart taste than store bought, water down juices - be ready to pucker those lips



INGREDIENTS:

1 BUNCH OF GRAPES (RED OR GREEN) - SEEDLESS
REMOVED FROM STEMS
A HANDFUL OF RASPBERRIES



Grapes are high in caffeic acid which helps fight cancer and contain Resveratrol which binds with cholesterol and prevents the body from absorbing it.

BANANA BERRY HEAVEN

The rich texture combined with the sweet taste almost make this energy booster a “no brainer” for those days that seem to drag.



INGREDIENTS:

2 BANANAS- REMOVED FROM PEEL AND CUT INTO 2-INCH PIECES
2 HANDFULS OF BLACK BERRIES
1 APPLE CUT INTO 2-INCH PIECES
1 HANDFUL OF RASPBERRIES



Raspberries are packed with Saponins which help in improving heart health as well as disease-fighting antioxidants.

PURE WATERMELON

Watermelons make for a perfect juice, leave in the seeds to add a nutty taste to this delicious drink.



INGREDIENTS:

1 SMALL WATERMELON- RIND REMOVED,
CUT INTO 2-INCH PIECES - (4 THICK SLICES)

helpful
hints

Drinking watermelon after a vigorous work out not only helps to quench your thirst (high in electrolytes), but also promotes weight loss.

MANGO MADNESS

A vivid orange color with a more vibrant taste. The smooth creamy texture makes this mango and orange combination a favorite.



INGREDIENTS:

2 MANGOS
2 ORANGES - PEELED AND CUT INTO 2-INCH PIECES
½ APPLE - CUT INTO 2-INCH PIECES
½ LIME

did you
know?

Mangos are packed with Beta-Carotene which is an important antioxidant and protects the skin as well.

TROPICAL SUNSET

The sweet taste of melon calms the delicious tang of pineapple. One sip of this drink and you'll imagine yourself on the beach watching the sunset.



INGREDIENTS:

½ PINEAPPLE - SKINNED AND CUT INTO 2-INCH PIECES
1 THICK SLICE OF WATERMELON - RIND REMOVED
AND CUT INTO 2-INCH PIECES

did you
know?

Pineapples are a wonderful source of potassium, calcium, iron and iodine.

ORANGE BLUSH

A delightful pink juice that packs the flavor of tangy fresh fruits into one glass.



INGREDIENTS:

3 ORANGES - PEELED AND CUT INTO 2-INCH SLICES
1 APPLE - CUT INTO 2-INCH PIECES
1 HANDFUL OF RASPBERRIES

helpful
hints

Apples are extremely versatile and blend well with other juices- plus they are rich in vitamins A, B1, B2, B6, C, folic acid, biotin, and a host of other minerals.

combination juices

GRAPEFRUIT CLASSIC

A refreshing start to any morning, the tangy taste of grapefruit provides a much needed bolt of energy for your day.



INGREDIENTS:

- 1 GRAPEFRUIT - PEELED OF SKIN AND CUT INTO 2-INCH PIECES
- 1 APPLE - CUT INTO 2-INCH PIECES
- 2 CARROTS - PEELED AND CUT INTO 2-INCH PIECES
- 1 STICK CELERY - WASHED AND CUT INTO 2-INCH PIECES

did you know?

Citrus fruits are the most efficient in lowering high blood pressure and a rich source of vitamin C, carbohydrates, potassium, foliate, and phytochemicals, which help prevent heart disease.

PINEAPPLE IN PARADISE

Common everyday fruits combined with a tropical pineapple make this the perfect morning juice to drink while dreaming of paradise.



INGREDIENTS:

- ½ PINEAPPLE - SKINNED AND CUT INTO 2-INCH PIECES
- 1 APPLE - CUT INTO 2-INCH PIECES
- 3 CARROT - PEELED AND CUT INTO 2-INCH PIECES
- 1 CELERY STICK - CUT INTO 2-INCH PIECES

helpful hints

To cut a pineapple, use a strong knife. Start by cutting off the top and bottom so the pineapple will sit flat on your cutting board, then slice off the peel.

COOL APPLE

A refreshing light drink for anytime of the day. Try adding some carbonated water or even, dare we say, some alcohol for a perfect summer cocktail.



INGREDIENTS:

- 1 CUCUMBER - PEELED, AND CUT INTO 2-INCH PIECES
- 2 APPLES - CUT INTO 2-INCH PIECES
- 4 LARGE MINT LEAVES
- ½ INCH GINGER ROOT- PEELED

helpful hints

Cucumbers have a pleasant mild flavor and often complement other vegetables and fruits when in a drink. When buying a cucumber for juicing, buy a firm dark green with slightly bumpy skin, use within 4 days of purchase.

A ORANGE CRUDITÉS

For a beginner who isn't sure about juicing a vegetable, this is the drink to start with. The flavors of the 3 vegetables in this drink are diluted by the sweet take of the oranges.



INGREDIENTS:

- 2 ORANGES - PEELED AND CUT INTO 2-INCH PIECES
- ½ CUCUMBER - PEELED AND CUT INTO 2-INCH PIECES
- 2 MEDIUM SIZED CARROTS - PEELED AND CUT INTO 2-INCH PIECES
- 1 STICK CELERY - CUT INTO 2-INCH PIECES

did you know?

The natural sodium in celery balances the pH of the blood and helps the body to better absorb calcium. Combined with the delicious mild flavor, celery is a perfect addition to any juice.

GRAPEFRUIT DREAM

This citrus combination is a delightful favorite and gives you a nice “wake up call” for the AM rush.



INGREDIENTS:

2 GRAPEFRUITS - SKIN REMOVED- CUT INTO 2-INCH PIECES
1 LARGE BEET (BEET ROOT) - PEELED AND CUT INTO 1-INCH PIECES
2 CARROTS - PEELED AND CUT INTO 2-INCH PIECES
½ INCH GINGER ROOT- PEELED

**buying
tip**

Ginger has a sweet, peppery flavor that enhances any juice. Buy large firm nodules with shiny skin and keep refrigerated for up to 1 week.

FRESH GREEN CRUNCH

This enjoyable green combination is a soothing sensation. It is delicious and good for your blood. Use more lime if you want the drink to have a sharper bite.



INGREDIENTS:

4 STICKS CELERY - CUT INTO 2-INCH PIECES
1 APPLE (GRANNY SMITH) CUT INTO 2-INCH PIECES
1 LIME - CUT IN HALF
3 SPRIGS OF FRESH MINT

**did you
know?**

Introducing mint in your diet has the ability to cut off blood supply to cancer tumors.

BLOOD BEET CARROT

A delicious juice from fresh root vegetables with a wild red color.
Great for cleansing and fortifying your immune system.



INGREDIENTS:

3 CARROTS - PEELED AND CUT INTO 2-INCH PIECES
1 BEET (BEETROOT) - PEELED AND CUT INTO 1-INCH PIECES
2 CELERY STICKS - CUT INTO 2-INCH PIECES
½ LIME

did you
know?

Beetroots are packed with calcium, potassium, and vitamins A and C.

RED CUCUMBER

The water from cucumber reduces of the taste and texture of the beet, while pineapple adds the right note of sweetness.



INGREDIENTS:

1 CUCUMBER - PEELED AND CUT INTO 2-INCH PIECES
1 BEET (BEETROOT) - PEELED AND CUT INTO 1-INCH PIECES
½ PINEAPPLE - SKINNED AND CUT INTO 2-INCH PIECES

buying
tip

Beetroots can be stored for up to 2 weeks. When juicing, make sure to use the greens of the beet within two days. The greens of the beet hold lots of vitamins and nutrients.

nutrient chart

The below chart is a breakdown of nutrients that support and nourish the body. Juicing particular fruits, vegetables and leafy greens from the nutrient category can help you to receive some of the listed benefits below.

NUTRIENT	FOOD SOURCE RICH IN NUTRIENT	BENEFITS
VITAMINS		
Beta-carotene	Apricots, asparagus, broccoli, cantaloupe melons, carrots, kale, pumpkins, spinach, sweet potatoes, watermelon	Antioxidants protect the skin, as well as the lining of the small and large intestine, lungs, nose and throat. A plant based version of vitamin A.
Vitamin B3 (niacin)	Nuts, potatoes, sunflower seeds	Great for increasing energy, the overall health of the nervous system and digestive system. It also keeps your cholesterol levels down.
Vitamin B5 (pantothenic acid)	Sunflower seeds, vegetables	Increases energy; helps the response system of the body; regeneration of cells, particularly in the nervous system; as well as important in the development of antibodies.
Vitamin B6 (pyridoxine)	Avocados, bananas, carrots, hazelnuts, lentils, sunflower seeds	Helps with a healthy nervous system, brain and mental state, used to build all types of cells, hormones and antibodies. Also helps to increase overall energy levels.
Folic Acid	Fruit, chickpeas, green leafy vegetables, lentils, peas, soy beans	Helps to produce healthy red blood cells and build a healthy nervous system.

nutrient chart

NUTRIENT	FOOD SOURCE RICH IN NUTRIENT	BENEFITS
VITAMINS		
Biotin	Cashew nuts, peanuts, peas, soy beans, sunflower seeds, walnuts	Produces natural sugars within the body as well as carbohydrates, proteins and other vitamins need for healthy skin, nail and hair development.
Vitamin C	Blackcurrants, broccoli, Brussels sprouts, grapefruits, green bell peppers, guavas, kale, kiwi, lemons, oranges, papayas, potatoes, spinach, strawberries, tomatoes, watercress	Used to promote the development of healthy blood capillaries, gums and healthy skin and healing. It aids in the absorption of iron and the production of hemoglobin. It also boosts the body's defenses against illness, helps to protect against heart disease, allergies, infections, colds, stress and aging.
Vitamin E	Almonds, corn oil, hazelnuts, sunflower seeds and oil, walnuts	Antioxidant help to protect the skin, improve circulation, brain function, hormones, and protects against the horrible effects of pollution. It also contains anti-clotting properties which protect against heart disease.
Vitamin K	Broccoli, brussels sprouts, green cabbages, spinach, green tea, soy beans	Helps to maintain your bloods ability to clot naturally.
MINERALS		
Calcium	Almonds, brazil nuts, green leafy vegetables, kelp, soy beans	Best-know for building healthy bones and preventing osteoporosis. Also helps the muscles to function properly and helps to maintain a healthy nervous system.

nutrient chart

The chart features on the next few pages offers some common ailments and fruits and vegetables that can be juiced in the Slow Juicer in any combination to fight the common ailments below.

NUTRIENT	FOOD SOURCE RICH IN NUTRIENT	BENEFITS
MINERALS		
Chromium	Fruit and potatoes	Helps the natural processing of sugar and carbohydrates and works with your body's hormone insulin to balance blood sugar levels.
Iron	Cashew nuts, chickpeas, green leafy vegetables, pumpkin seeds, seaweed, and walnuts	Necessary for hemoglobin and myoglobin formation. Helps protein metabolism. Promotes growth.
Magnesium	Almonds, green leafy vegetables, soy beans, sunflower seeds	Acts as a promoter in the utilization of carbohydrates, fat, protein, calcium and potassium.
Manganese	Avocados, barley, blackberries, ginger, hazelnuts, peas, pecans, seaweed, spinach	A powerful antioxidant that is needed for the development of a healthy nervous system and brain function.
Potassium	Avocados, bananas, citrus fruits, lentils, nuts, parsnips, potatoes, raisins, spinach	Potassium helps with muscle and nervous system function. It also helps the body maintain the balance of water in the blood and body tissues.
Selenium	Avocados, broccoli, cabbage, celery, garlic, lentils, mushrooms, onions,	In conjunction with vitamin E as a powerful antioxidant to protect against aging and degenerative diseases.
Zinc	Peanuts, sesame seeds, soy beans, sunflower seeds	Zinc is important for normal growth, strong immunity, and wound healing.

Fruits and Vegetables for Common Ailments

The common ailments chart below offers assistance to some common of life's ailments. By juicing fresh fruits and vegetables, it can support your body and help to make your body stronger.

AILMENT	FRUITS AND VEGETABLES TO EAT
Acne	All greens (such as broccoli, kale, parsley, spinach, watercress), fruits, and vegetable fiber, garlic and seeds.
Anemia	All greens (such as broccoli, kale, parsley, spinach, watercress), beets, berries, kiwi fruits and citrus fruits.
Arthritis	Apricots, berries, broccoli, carrots, garlic, ginger, kiwi fruits, mangoes, pineapple, red bell peppers, seeds and watercress.
Bronchitis	Apricots, broccoli, carrots, citrus fruits, garlic, kale, kiwi fruits, mangoes, melons, red bell peppers, seeds, strawberries, sweet potatoes, watercress and watermelon.
Burns, Cuts, and Bruises	Apricots, broccoli, cabbages, carrots, citrus fruits, garlic, kale, kiwi fruits, mangoes, red bell peppers, seed, strawberries and watercress.
Cardiovascular Diseases	Broccoli, citrus fruits, fruit and vegetables fiber, kale, kiwi fruits, seeds, strawberries and watercress.
Chronic Fatigue	All greens (such as broccoli, kale, parsley, spinach, watercress), bananas, berries, citrus fruit, kale, kiwi fruits, seeds and watercress.
Common Flu and Cold	Apricots, broccoli, carrots, citrus fruits, garlic, kale, kiwi fruits, mangoes, melons, nectarines, red bell peppers, strawberries, watercress and watermelon.
Constipation	Fruit and vegetable fiber, plenty of water and juice.

Fruits and Vegetables for Common Ailments

AILMENT	FRUITS AND VEGETABLES TO EAT
Cough	Apricots, berries, broccoli, carrots, citrus fruit, garlic, ginger, kale, kiwi fruits, mangoes, melons, papayas, pineapples, red bell pepper, sweet potatoes, watercress and watermelon.
Dry Skin	Apricots, berries, broccoli, carrots, citrus fruits, garlic, kale, kiwi fruits, mangoes, melons, red bell peppers, seeds, watercress and watermelon.
Ear Infection	Apricots, berries, broccoli, carrots, citrus fruits, garlic, kale, kiwi fruit, mangoes, melons, red bell peppers, seeds, watercress and watermelon.
Eyesight Problems	Apricots, berries, carrots, kale, mangoes, melons, pineapples, red bell peppers, watercress and watermelons.
Fatigue	All fruit and vegetable fiber, bananas, berries, carrots and pears.
Fever	All fresh fruit and vegetable juices (especially apricots, berries, broccoli, carrots, citrus fruits, kale, kiwi fruits, mangoes, melons, red bell peppers, sweet potatoes, watercress and watermelon) and garlic.
Hangover	Cabbages, papayas and pineapples.
High Blood Pressure	All fresh fruits and vegetables, especially greens (such as broccoli, kale, parsley, spinach, watercress) apples, garlic and seeds.
Indigestion	Cabbages, papayas and pineapples.

Fruits and Vegetables for Common Ailments

AILMENT	FRUITS AND VEGETABLES TO EAT
Syndrome (IBS)	All fruit and vegetable juices and fiber, all greens (such as broccoli, kale, parsley, spinach, watercress), bananas, cabbages, papayas and pineapples.
Motion Sickness	Cabbages, carrots, ginger and peppermint.
Obesity	All fruits and vegetable juices and fiber.
Sinusitis	Apricots, berries, broccoli, carrots, citrus fruits, kale, kiwi fruits, mangoes, melons, red bell pepper, sweet potatoes, seed, watercress and watermelon.
Stress	All fruit and vegetable juices and fiber, all greens (such as broccoli, kale, parsley, spinach, watercress), berries, carrots, citrus fruits, pineapple, red bell peppers and seeds.
Water Retention	Celery, cucumbers, melons and watermelons.



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