

**PARSLEY
LEMONADE**

2 cups flat-leaf parsley
1 small cucumber
2 lemons, peeled
1 green apple
1 inch ginger (optional)
1 tsp honey

After thoroughly washing
all produce, put ingredients
through a juicer.

**MINUS-SINUS
RELIEVER**

1 large orange, peeled
½ lemon, de-seeded and
peeled
1 apple
1 inch ginger, peeled
cayenne spice

After thoroughly scrubbing
all produce, put ingredients
through a juicer.

GINGER SHOOTER

1 large pear
1 inch ginger, peeled
1 tangerine
1 tbsp fresh squeezed
lemon juice

After thoroughly scrubbing
all produce, put ingredients
through a juicer.

**DANDELION LEAF
RELIEF**

2 cups fresh dandelion
greens or 6 leaves (not
the flowers)
5 celery stalks
1 cup spinach
2 cucumbers
2 apples
1 lime or lemon
½ inch ginger (optional)

After thoroughly scrubbing
all produce, put ingredients
through a juicer.

VITA-JUICE

3 large red beets
4 small carrots
2 celery stalks
4 plum tomatoes
4 cups parsley, roughly
chopped
1 jalapeño, ribs and
seeds removed
8 red radishes

After thoroughly washing
all produce, put ingredients
through a juicer.

**JAZZY APPLE
GINGER JUICE**

5 jazz apples
½-1 lemon, peeled
1 inch ginger, peeled
dash of cayenne
(optional)

After thoroughly scrubbing
all produce, put ingredients
through a juicer.



Vita-juice

BEET IT

- 1 beet
- 1 clove of garlic
- 2 apples

After thoroughly scrubbing all produce, put ingredients through a juicer.

MOHEETO

- 2 limes
- 1 inch ginger
- 4 mint leaves

After thoroughly washing all produce, put ingredients through a juicer.

Sip this mixture with some water for the soothing and heating properties of ginger and cleansing benefits of limes.

HART-2-BEET

- 1 beet
- 2 apples
- 1 pear
- 1 inch ginger
- ½ lemon

After thoroughly scrubbing all produce, put ingredients through a juicer.

RED DEVIL

- 2 small beets
- 2-inch piece of ginger
- 3 cucumbers
- ½ lemon

After thoroughly scrubbing all produce, put ingredients through a juicer.

THE ORANGE GENIE

- 3 small apples
- 12 small carrots
- 1 large orange

After thoroughly scrubbing all produce, put ingredients through a juicer.

Mint leaves

Moheeto



GINGER NINJA

- 3 green apples
- 2 celery sticks
- 1 large cucumber or 2 smaller cucumbers
- 1 lime
- 2-inch piece of ginger

After thoroughly scrubbing all produce, put ingredients through a juicer.

Substitutions:

- Green apple: other varieties of apple, pear
- Celery: zucchini, lettuce, fennel
- Cucumber: celery, zucchini, lettuce
- Lime: grapefruit, lemon
- Ginger: mint

DIGESTION AID

- 1 cucumber
- 1 medium fennel bulb
- 1 handful fresh mint leaves
- 1 inch ginger
- 2 celery stalks
- 1 apple (optional)

After thoroughly scrubbing all produce, put ingredients through a juicer.

SPICY BEET JUICE

- ½–1 small beet
- 1 small carrot
- ¼ yellow bell pepper
- 2 lemon wedges, with rind
- 2 large romaine lettuce leaves

Jalapeño pepper and cilantro according to taste

After thoroughly scrubbing all produce, put ingredients through a juicer.

BETTER DIGESTION

- 1 cucumber
- ½ lemon
- 1 spring onion
- 1 handful parsley
- 1 small red pepper
- 3 small whole tomatoes

After thoroughly scrubbing all produce, put ingredients through a juicer.



Ginger Ninja



Better Digestion